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RELIQUIAE TENEBRAE – – LABYRINTHUS MENTIS – PROJECT ANGELBOOK – VOLUME XII – PART 7



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EZEKIEL REDIK YARBROUGH

Reliquiae Tenebrae – Labyrinthus Mentis
– Project AngelBook – Volume XII – Part 7
By Ezekiel Redik Yarbrough (DBM
ECLIPZE)

Liminal Archivist's Note

On the Preservation of Distorted Gnosis and the Dying Digital Veil

There is a strange ache that comes from spending all day in the ruins of spiritual memory.

Fifty books made in one day—an inhuman output—should feel like a triumph. But when the source material is splintered, hostile, and drenched in egoic inversion, what remains is not pride... but hollowness.

This volume, like many in this phase, is not composed of my own words.

It is an act of preservation, not expression.

It is a documentation of liminal knowledge, scraped from a dying web—the final breath of spiritual forums, parapsychology ephemera, early occultist blogs, and yes, even the darker corridors of modern satanic movements.

And herein lies the tension:

Much of what is presented under the name Satanism is a distorted half-truth.

It correctly identifies that Yahweh is not the Most High, and in this way, it mirrors certain Gnostic insights—

but then it derails into ego exaltation, materialism, and psychic hostility. It gets halfway to freedom... and then builds a new prison out of flame and shadow.

And yet—

amidst the mockery, venom, and inversions,

there are real spiritual technologies embedded in the code.

Meditation techniques, psychic development maps, astral awareness, breath control, and ritual frameworks.

Not all of it is corrupted.

Some of it is usable tech.

Some of it may be ancient... wearing a new mask.

So I do not endorse what is preserved here.

But I also refuse to let it vanish into untraceable digital decay.

This is an act of containment as much as curation.

I name this phase liminal, because I know it will not last.

There is only so much of the old internet left to preserve.

Only so much unindexed gnosis hiding behind broken blog links and .org forums that haven't been cached since 2012.

When this phase ends, and I return to creation, I will draw from this tomb of fragments with clarity and discernment.

But for now, I am the one who stands in the gateway—

Archiving the bones, sealing the jars, lighting one gold-lettered candle above a chamber of shadows.

To the reader: proceed with awareness.

This is not scripture.

This is sediment.

It is archived because it is dangerous.

And dangerous knowledge, when preserved with respect, often becomes a mirror for deeper truth.

—Ezekiel Redik Yarbrough

Liminal Phase – Discretio Luminis

If you agree with the philosophy and aim to be a Scholar-Warrior, know that reading this is just the first step in a lifelong undertaking to become the best person you can be. An old Chinese proverb says:

"A journey of one thousand miles begins with a single step."

Thanks to:

- Mind_Bender
- kobok
- The Mad Daoist, though he's no longer around, he inspired me many years ago to begin walking this path
- AKM

Good Health and Training,

~Koujiryuu

« Last Edit: June 05, 2013, 01:38:26 PM by Koujiryuu »

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Gone from Veritas forever. Blame the staff.

May 29, 2013, 01:55:58 PMReply #1

Theopholis

A Veritas Regular

Offline

**

96

Karma:

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Personal Text

Achievement Unlocked: Stare at Candles

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Re: Scholar-Warrior: A Modern Daoist Lifestyle Approach

Great Article! I really enjoy the diverse set of references. The Teo Te Ching is one of my favorite books, and it's always nice to see it applied.

I'm not a fan of the long dietary supplements list though. I've always been a little wary of relying on powders and pills to keep me healthy. I prefer to just keep a solid, and fairly natural diet. And Excessive tea intake :D

I've always felt that dabbling in all things, and the "Renaissance Man" way of life seemed right for/to me. In school we were always encouraged to pick a thing, and specialize in it, and I hated that. It's probably why I switch majors so often too. I've never connected it with the idea of wuwei before, but can definitely see the correlation. I spent

a lot of time studying music when I was younger, and definitely enter into the wuwei state of mind when I play now, and am comfortably simply playing, in the truest sense of the term, and improvising freely. I'll have to consider this in relation to more areas of my life :)

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And if that doesn't work, try focal meditation.

May 29, 2013, 02:17:17 PMReply #2

Koujiryuu

Teacher Emeritus

Posts By Osmosis

Offline

Scholar-Warrior

1340

Karma:

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Re: Scholar-Warrior: A Modern Daoist Lifestyle Approach

Glad it helped you.

The supplements are more for martial arts/body building, so if you don't do those things they wouldn't really apply.

However, plenty of tea intake is already good. You could also look into this tea and drink a cup of it once a day. It has ginseng and astragalus, probably two of the best supplements on the list. In TCM these herbs are said to promote immune function, improve virility, promote proper Qi function, and strengthen Jing.

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My Articles

Gone from Veritas forever. Blame the staff.

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»Scholar-Warrior: A Modern Daoist Lifestyle Approach

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Koujiryuu

Teacher Emeritus

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Advanced Daoyin Qigong and Kundalini Yoga

Advanced Daoyin Qigong and Kundalini Yoga

or

A Treatise on the Awakening of Fundamental Transformational Energies

By Koujiryuu © 2012 Not to be reposted without permission.

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Foreword

Introduction and Preface

Welcome to my final chapter on Daoyin Qigong.

This guide has been 8 years in the making. It first started off as an idea, the natural culmination of my other articles on Veritas, Beginning Daoist Qigong and Intermediate Daoyin Qigong and Applications. I had attempted to pen this guide at least twice before, never getting far, and had done an enormous amount of research on the subject of the fundamental transformational energy of the human body. Some of this research included my own personal study of Hermetic systems as written by Franz Bardon and Israel Regardie. Some of this research included hours of chat in the Veritas chat room on the subject, including a lecture given by myself and Prophecy, oh so long ago. Some of this research included talking on MSN messenger with Darkduck for hours about the nature of Fudoshin-ki in Aikido practice and how that compares to Kundalini, Qigong theory and Hermetic science. Of course, some of this research involved me trying different systems of awakening transformational energy through actual practice, such as the Middle Pillar Rite and different kinds of Daoist and Buddhist meditation. A great deal of research was done over the years on ancient treatises like "The Secret of the Golden Flower" by Lu Tzu and "The Yoga Kundalini Upanishad".

Ultimately, though, I didn't attempt to write this guide until now. I felt that while my understanding and experiences with Yoga were good and authentic, I was lacking some of the higher aspects of Daoist Qigong theory. More specifically, my experiences with transformational energy were experienced from a Yoga paradigm and I had difficulty reconciling this with the Qigong theory I had learned. Whereas Hermetic Science echoed Yogic Theory very obviously and dramatically, the stoic and poetic aspects of Daoist meditation did not seem to align as well.

There were other reasons why I couldn't write my article until now. A big one was that I was busy living my life. I forgot about Veritas and just lived happily in Dao. However, the main one is that awakening transformational energy is a highly controversial subject within spiritual communities, and Veritas was not yet ready for what I had to say. The Veritas of 2004 is not the Veritas of 2012. The subject matter is very delicate and must be handled with extreme care and respect. I did not want to be responsible for causing a massive flood of questions concerning Kundalini, Kan and Li, higher transformational energy, and so on. Of course, I also didn't want to be responsible for people thinking they were having experiences when they weren't, and I didn't want to leave my colleagues and friends having to clean up a mess they don't know how to handle. A lot of questions stemming from these arts are difficult to answer, even more so for someone who has no experience with them. I knew I was going to probably be on hiatus for a long

time, because I burned myself out writing articles, answering questions and helping people. I needed time to relax and time to grow.

Again. The Veritas of 2004 is not the Veritas of 2012. The community has only gotten bigger by the year, and the members have gotten older and wiser by the year. I can feel safe giving this information out because I know the culture is not a culture of power seeking or juvenile fascination with the occult, but rather one of finding truth, wisdom and spirituality. I also came to a realization that someone with only a passing interest in things like Kundalini Yoga would have no success with Kundalini Yoga. These techniques have often been hidden from the public throughout time because they were considered dangerous. Ultimately, someone without the proper mind set and devotion to these practices will not have any results, so I can rest assured I can give out these methods without risk to the public.

Another aspect of why I am writing this article has to do with what I believe to be destiny. That may sound far fetched or even borderline delusional to some- but this is what I truly believe. If I do not write an article on these things, and put the pieces in place for everyone, no one will. My research so many years ago, and now, is not just for myself. There are many on Veritas who already have experienced these processes. There are even some teachers who practice the methods directly and teach them behind closed doors. I can understand why this is, because these techniques are life changing and transformational. They are not a fad or a toy. However, it is a part of my basic nature to believe in freedom of information and sharing. As far as I am aware, there are no articles on these higher transformational processes on Veritas, and only a few random questions on the forums every so often. This is an area of knowledge at Veritas that is extremely lacking, yet I believe it to be so inherently fundamental to the progression of a metaphysical student regardless of the paradigm he or she follows. I said many years ago I would write this guide, and now I am. I feel deeply spiritually compelled to release this information for the good of mankind and to further it's evolution. I pray for all of Veritas, and every reader of this article, to find success in awakening to their true nature.

This article's first purpose is to instruct the reader in methods of Daoist Neigong (Internal Work) that deal with internal alchemy using the forces of Water and Fire to sublimate Jing to Qi to Shen. It's second purpose is to instruct in basic methods of Kundalini Yoga Pranayama, Mantra Japa, and meditation, for the reason of awakening Kundalini energies. The overall purpose of this guide is to develop a transcendental, high clarity energy that is centered in the spine and head. The techniques in this guide prepare the body for this transcendental experience of awakening spiritual energy in the Central Nervous System. The point of awakening this energy is for spiritual evolution, inner peace, greatly increased energy flow in the meridians and nadis, and to a lesser extent for the abilities that can come with such an awakening. This article approaches spiritual awakening from two different standpoints, and attempts to clarify the common threads between them.

As always, my guides are less about theory and more about actual exercises arranged

in a natural progression to cause change in the spiritual self. I fully and wholeheartedly believe that anyone, regardless of race, gender, creed, or paradigm, can follow this progression and have the same success I have, as long as they have a basic control of energy and firm intention (Yi).

Ren Dao
Namaste.
~Koujiryuu 7/27/12

A word of warning

A word of warning to everyone reading this who has not already experienced spiritual awakening. These techniques have been hidden from the public throughout time and known only to initiates, monks, and ascetics. They cause an awakening of the true spiritual body, and with this can come many problems and physical symptoms. Yep, that's right, I said physical symptoms. These can manifest variously as body aches, migraines, joint pain, constantly popping joints, sweats, tremors, rashes, and many other symptoms. In addition, full spiritual awakening can cause mental problems, such as mania, psychosis, paranoia, visual and auditory hallucinations, confused thoughts, slurred speech and many other symptoms. In general, these are a result of too much practice or too little practice. You are the Master of your own body, mind and spirit. These are not practices you can just use to experience awakening, and then stop. You must follow through even AFTER having an authentic experience and continue to practice and direct the Shakti (Female God-Force) or Qi generated from the lower body. If you do not, or if you practice improperly, any number of negative aspects of Kundalini can manifest as physical or mental symptoms. Beware of this and be mindful of yourself. I am not responsible for any symptoms you experience from practicing the techniques in this guide.

I am not a guru. I am not a martial arts instructor, and I am not an initiate of a Dao school. I will never charge money for teaching, nor would I ever willingly direct someone to something that would harm them. Nonetheless, my techniques presented here come from years of experience and research. If they weren't effective I wouldn't be writing this, and that's all that matters. I am doing this for the benefit of people who cannot find instruction elsewhere and can't afford books; nonetheless, I am writing it for the benefit of all, even those trained in a formal school, to record my personal thoughts and approach. I hope you can see how this guide can supplement your Qigong or Yoga practices. The Qigong section can be traced to Dr. Yang, Jwing-Ming, and conjecture of his students on his YMAA forums. The Kundalini Yoga section can be traced to Gurumayi Chidvilasananda, Swami Muktananda, Bhagawan Nityananda and the Siddha Yoga lineage.

Some may say that the theory or exercises presented here are incomplete. I would counter with this. There is a whole wealth of alchemical Daoist systems and a whole

wealth of Kundalini Yoga systems. Within those many systems, there are many different individual instructors. With those individual instructors different approaches are favored and different emphasis are placed on specific techniques. Some schools of yoga focus on mantras and some focus on pranayama, but can still obtain the same results. However, no one approach is better than any other, and even individual students in these systems may have different personalized approaches that vary from their instructors. The summary of this, is that what works, works. This is an individual thing.

Further, I feel that while there are a ton of individual techniques in the Yoga Kundalini Upanishad, a lot of them may be unnecessary. In my own personal experience, detailed later in the guide, I was able to have success with Kundalini awakening through three things: meditation on the Chakras, repetition of mantras, and giving myself up to Shakti. I feel that the techniques presented are adequate enough, refined enough, and a distillation of the essence of the Upanishad. I have taught others and helped them awaken the Kundalini using these very same entry-level techniques on numerous occasions. As any trained Yogi knows, there are thousands of methods of Yoga, and all of them can lead to the truth. What is presented here is just my own personal path. "Keep what is useful, discard the rest." -Bruce Lee

Now, for the subject of mixing traditions or cross training in the mystic arts. For some, this is considered taboo. There are so many parallels between Kundalini, Daoist Alchemy and Hermetics (Qabbalah). However, this takes a clear mind of discernment to understand and put together. It also takes tremendous dedication, time, effort, and practice to understand. If your mind is empty, your heart is pure, your intention is strong, and you have no attachment to a system, there is no reason you cannot use them interchangeably because the basic ideas are the same. The basic ideas are also the most advanced ideas when you have true understanding of concepts like the state of being of Brahman, Dao, breath control, Chakras and Dantien. It is not the empty mind that changes, but the method of controlling the empty mind. Just as leaves fall off the trees, only to be grown again, so can a true adept use different paradigms interchangeably with no risk to the spiritual self.

This is not true for everybody, however. It depends on the individual and how long you have been training and practicing meditation. It takes spiritual intelligence that only comes with experience. If you have been practicing the arts for less than five years, I would strongly recommend you pick either the Qigong section or the Yoga section to work with and stick with the techniques in that section. Again, this is highly subjective and dependent on the individual. If you are a simple person with limited experience in energy work, ask yourself this: Am I ready for this? If the answer is yes, then pick one path and stick with it. If, after a long time (perhaps a year or more), you have no groundbreaking transcendental metaphysical experience, then consider trying the other path presented. For the layman, though, I highly advise to pick one and stick with it.

Another big point I would like to stress is that these techniques are dangerous to youth. If you are not at least 16 years of age, male or female, you should not practice ANY of

the techniques in this article. Your body is still going through puberty, your nervous system and brain aren't developed enough to support the energies released through these meditations. Even if you tried to awaken these energies, you would likely have no success. This is because your Jing is busy maturing your body through the puberty process, and will not move upward through the spine. Even if you are 16, if you have only been working with energy in general for a short time, you should not attempt these exercises. They are advanced and dangerous to youth.

I am not responsible for anything negative that happens to you as a result of improper practice. If you are true to yourself, moral, devoted to spirituality, and have a heart of compassion, you likely have nothing to worry about.

Caveat Emptor.

Qigong Section

Yin and Yang Theory

Within my other articles, there is less mention of Yin/Yang theory and how it relates to Qigong. For the purposes of the later practices we are going to clarify what Yin and Yang are and how they affect the energy body on the whole.

In Chinese philosophy we have the primal forces of Yin and Yang. Yin and Yang are best described as polar opposites of one whole. Yin is negative current and Yang is positive current.

Traits of Yin and Yang

Yang: Positive, Male, Heaven, Fire, Active, Light, Restless, Daytime, Aggressive

Yin: Negative, Female, Earth, Water, Passive, Darkness, Calm, Nighttime, Passive

Further, Yin and Yang manifest themselves in the world around us in 4 quantities: Yin within Yin, Yang within Yin, Yin within Yang, and Yang within Yang.

Put together, Yin and Yang make Qi. They also transcend Qi and make Dao. However, that's a little heavy, so I'm not going to touch that assertion. What is important to know, however, is that Yin and Yang comprise Qi, and when they are unbalanced this causes sickness of the body and mind. Thankfully, we have Qigong and various herbs and supplements we can use to balance Yin Qi and Yang Qi.

This is important information to know because the rest of the exercises in this guide deal with the processes of Kan and Li (Fire and Water) transformation and sublimating the spiritual essence. This directly alters Yin and Yang. However, do not make the mistake,

Water and Fire are separate entities from Yin and Yang. Yin and Yang are not Water and Fire. Water and Fire are separate energies that are described as being Yin and Yang, but Yin and Yang separately are so much more. I hope that's clear.

Yin/Yang balance and energy blockages

This section is for reference and deals with energy blockages and yin/yang imbalance in the practitioner and how to remedy them. This is good knowledge to have, and when you have more experience training your Qi you will be able to recognize and correct these problems.

- Energy blockages in the head can cause headaches, poor sleep, delusion, self importance, empty headedness, and incoherent thoughts.
- Energy blockages in the heart or chest cause things like self pity, self doubt, uncontrollable emotion, negativity, and negative emotions.
- Energy blockages in the solar plexus cause mostly anger, rage, outbursts, etc
- Energy blockages in the lower Dantien cause problems with sex or too much sex drive, problems urinating, and problems of the stomach and bowels.
- Energy blockages elsewhere (arms and legs) would cause mostly pain or poor blood flow, and sometimes weakness or nausea.

Additionally, there can be an overall dysfunction and imbalance between yin and yang that affects the energy system on the whole.

Symptoms of Yang Qi imbalance:

A feeling of rising heat from the Dantien, feeling hot, jumbled thoughts, anger, sickness of the stomach, mania, psychosis, paranoia, hyperactivity.

Symptoms of Yin Qi imbalance:

Trouble feeling Qi, feeling cold, passive-aggressive behavior, general apathy, lack of motivation, fatigue, lack of energy, depression, lack of thoughts (e.g. overly empty/quiet mind when not meditating).

Methods of balancing Yin and Yang and removing blockages:

- Alternate Nostril Pranayama from Yoga balances Kan and Li (Fire and Water), and subsequently Yin and Yang. This technique is simple enough that students of both the Qigong path and Yoga path can use it safely.
- The Microcosmic Orbit removes blockages and also balances Yin and Yang of the energy system, since the Governor and Conception vessels regulate the Qi of the rest of

the body, organs and meridians.

- If you have Yang Qi imbalance, eat lots of fruits, vegetables and herbs. Drink a lot of cold water to cool the rising heat from the Yang imbalance. If you have Yin Qi imbalance, eat lots of meat (chicken and fish), nuts and protein. Also, drink hot liquids like green tea.

- For Yin Qi imbalance, do Qigong and Dantien meditation at noon for three days. For Yang Qi imbalance, do the same at midnight for three nights, or sunset if you aren't awake at midnight.

Qigong Theory Review

Here is some information from the Qigong Study Group concerning the Three Treasures of Jing, Qi, and Shen to review.

Taken from my article, Beginning Daoist Qigong EX.

The basic theory surrounding energies in this qigong is as follows, written by an old friend (Mad Daoist).

...."Qi: I have decided to start my discourse on the topic of Qi. Qi, a concept originally formulated by the Daoists, makes everything in the universe, well, tick. It spins the galaxies, energizes the creatures of the universe, and makes plants grow. It is the very essence of life itself. To have Neiqi is to have life itself."

"How does one get their Neiqi, originally? There are many theories. Most think the Original Qi is received while still in the womb as a fetus. While theoretically not known how, it is thought that fetuses have an amazing ability to act as a cosmic battery, absorbing the very Qi of the universe into itself. Naturally, the Mother provides quite a bit herself."

"Neiqi runs along the human body in a series of meridians. There are twelve medical meridians, largely considered a Confucian, perhaps acupuncturist concept. Then there are the Eight special or Psychic meridians. They are mostly a Daoist concept. Of course, these two systems of lines cross with each other, borrow from each other, etc. [editor's note: Discussed in depth later.]"

"Neiqi is stored in the Dantien. Now there are three Dantien, Original Qi resides in the lower Dantien, post-birth Neiqi (qi gathered through water, qigong, and food) resides in the middle Dantien."

"Your level and amount of neiqi determines your general health. You accumulate neiqi through exercise, eating, sleep, herbs, etc. One method of exercise geared for neiqi

cultivation is something known as Qigong, here in the west. There are many qigong forms, types, and lineages. Taiji has qigong properties, for instance. However, there is a raging debate going on for exactly what qigong is. What Chinese critics say is mostly true, many forms and exercises brought from China to here are immediately called qigong, when in fact they have about as many qigong-like properties as Richard Simmons' "sweat you butt off to the oldies", for example. One should always check before you call something qigong, for it is fast becoming dangerous waters."....

...."Jing: Neiqi is free-flowing and nice. It's good for health, meditation, etc. However, when put to use for martial applications, it falls short. However, neiqi can be converted into neijing, for the sharp demands of the Nei-jia. (Internal Martial Arts) Neijing will hence forth be called jing. Jing is at a higher frequency than qi- it's a lot more powerful. In the words of Waysun Liao, "Your opponent can feel your jing, but not your qi. You can feel your qi, but not your jing."

...."But I digress. Neiqi leads jing, it controls it. Once you can learn how to convert neiqi into jing, [discussed later] you can use it effectively against an opponent. Jing is far beyond the reaches of normal time and space. It's a power called down from the universe itself for use by human beings. Jing's only limit is your own yi. I'll get to that pretty soon."

"I think it was quite wise when a famous Ba-gua master compared jing to a Dragon. If you treat the dragon right, you can unleash it on your opponent, and the dragon will lend you his strength. Treat the dragon wrong, and it'll take a bite out of you. This illustrates the point that jing is not something to be played with, it's a real weapon, and should be treated as you would a knife or even a handgun. However, be careful with it, and it'll be your most powerful weapon."

"Furthermore, there are many synonyms for qi that you will encounter, from many different languages and traditions. Almost every human culture has had a word describing an all-pervading, universal life force. Some of them are: Ki, Prana (sanskrit), Orgone, rLung (tibetan), orenda (Native American, Iroquois), energy, life force, magickal current, ruach (hebrew), the Light, Holy Spirit (christian), spiritus (roman), Pnuema (Greek) and psi."

"The ultimate goal of this art and this guide is to develop a universal link with energy, and a feeling of strength in body, mind and spirit. The practitioner, through the presented exercises, goes from being just a person controlled by forces to a person in tune with and above these forces- at peace with his environment, where ever he happens to be."...

...We already understand what Qi is, the breath of life, spiritual energy; and we already understand Jing is vital essence, or spiritual power. We also understand Yi as being a unified spiritual intention to accomplish something with Qi. What, then, is Shen?

Put simply, Shen is at once your spirit or soul, and your consciousness and mind. Shen is what gives rise to your thoughts, your emotions, your quirks, your personality, and your intellect. However, it is also your spiritual consciousness, your very soul. Developing Shen is developing your mind through learning; yet it is also developed through meditation and forgetting knowledge ("unlearning"). This paradox is succinct, as Shen is many things at once. With focused Shen producing pure Yi, mountains will move for you.

Shen leads Qi, and Qi leads Jing, and Jing leads your opponent.

However, it is thought that before we were born or conceived, we were at one with Dao. The Three Treasures come into accord when we are conceived, and our pure soul splits into three separate, distinct forms. The goal of Daoist Daoyin (Tao-in) alchemy is to bring Qi into Jing, Jing into Shen, and Shen into emptiness, or oneness with Dao.

One of the most fundamental exercises in reunifying Qi, Jing and Shen is the Microcosmic orbit, which we will look at now.

So, what have we learned from the proceeding writing?

- Qi means "breath" and refers to universal spiritual energy. It can also be written C'hi and is pronounced "chee".
- Neiqi (naychee) is the original Qi from conception and controls and regulates Qi in the body
- Jing (pronounced 'jean') means "force" or "power", is separate from Qi yet born from it, and is developed through the neijia (internal arts like Taiji or Qigong).
- Qi and Neiqi are centered in the middle Dantien (dan-dyin) whereas Jing and Neijing are centered in the Lower Dantien
- A Dantien, or 'elixir field', is a spiritual center in the body. In most Qigong there are three- one in the 3rd Eye, one in the heart, and one 3 inches below the naval (respectively the Upper or Higher Dantien, Middle and Lower Dantien).
- Qi moves through the body in a series of pathways called meridians.
- Shen is at once the consciousness, the spiritual mind, your soul, and your intention.

Meridians

The Eight Meridians (mei means channel)

Dumei: Beginning at the perineum and rising up the back along the center line of the body, this channel rises over the scalp and down the forehead and ends at the upper palate of the mouth. English reference: governor channel.

Renmei: From the tip of the tongue, this channel descends along the center line of the front of the body to the back of the perineum. English reference: conception channel.

Chongmei: This channel rises vertically from the perineum to the top of the head connecting the three dantians. English reference: through-going channel.

Daime: This meridian encircles the waist like a belt. English reference: belt channel.

Yangyumei: From a point on the dumei these channels travel bilaterally along the back of each arm, around the tip of the middle fingers, along the inside of the middle fingers to the point laogong. English reference: Outer-arm channel.

Yinyumei: From the laogong point of the palm, these meridians travel along the inside of each arm, curve across the pectoral muscles, descend through the nipples, and connect with the renmei. English reference: Inner-arm channel

Yangqiaomei: These meridians begin at the perineum and emerge onto the front of each leg. They descend the front of a leg to the point known as yongquan. English reference: Outer-leg channel

Yinqiaomei: From the soles of the feet, these two meridians rise up the inside surface of each foot, loop around the ankles, and ascend the inner thighs back to the perineum. English reference: Inner-leg channel.

Junction points

Baihui: This point is on the top of the head in the very middle. It is the upper junction point for the chongmei with the dumei.

Laogong: This point is on each palm, where your middle finger touches your palm. This is where qi is emitted or drawn in.

Huiyin: This point is the perineum (under the testes) and is the junction point for Renmei and Dumei.

Yongquan: This point is on the sole of each foot. It is along a line between the middle toe and the heel, and is about two-thirds of the way forward from the heel. In martial arts, qi can be emitted in kicks out of these points.

These meridians are also referred to as the "Eight Extraneous Vessels".

This concludes the review of basic Qigong theory.

Kan and Li (Water and Fire) Theory

"One of the major purposes of Small Circulation practice is to build up Original Qi at the Lower Dan Tian. Original Qi is created from Original Essence drawn from the kidneys, which mixes with and dilutes the Post-Birth Qi which comes from food and air. Post-Birth Qi, which contains undesirable products from the food and air, is considered Fire Qi because it has a heating effect on the body. Original Qi is considered Water Qi, and it is pure and cools down the Fire Qi. Diluting and cooling down the contaminated Qi is the first step in cooling down the fire in your physical body. This process will slow your body's degeneration. In the Fire Path, a practitioner usually learns to build or strengthen his Water Qi in the Lower Dan Tian (Field of Elixir) through abdominal breathing or mental concentration. When the Qi is built up to a certain level, the mind leads the Qi to circulate through the Conception and Governing Vessels." - The Root of Chinese Qigong by Dr. Yang, Jwing-Ming, pg. 86

In Chinese Qigong theory, there are two types of Qi that are considered Yin and Yang. These are Fire Qi and Water Qi. Fire Qi, which is also known as Post-Birth Qi, is centered in the Middle Dantien in the heart. Water Qi, which contains your original Qi, is centered in the Lower Dantien, 3 inches below the naval. This is also the seat of Jing (Essence).

Furthermore, there are Ba Gua (Trigrams) that represent Kan and Li, seen here:

Water Fire

Water (Kan) is described as being Yin-Yang-Yin, while Fire is described as being Yang-Yin-Yang.

It is thought that the natural course these two types of Qi take is to burn and leak out. That is, Fire Qi burns out upward while Water Qi leaks out below.

By harnessing these two types of Qi in meditation we can cause tremendous changes to the spiritual body, as well as the physical body. We can use them to stoke the fire, and convert Jing gained from practices like Zhan Zhuang, into Qi, which will then circulate back through the meridians.

We can keep our Fire Qi from burning out, and we can keep our Water Qi from leaking out. This lengthens life and promotes health and well-being. At a higher level, we can learn to sublimate Jing to Qi and then raise this Original Qi from its seat at the Lower Dantien, up the spinal cord, to the brain and Upper Dantien (the root of Shen). This is

generally referred to as Brain-Marow Washing. This results in a tremendous production of Qi in the body and a transcendental, physical experience. This experience is the goal of these practices.

Working with Water and Fire is a delicate process. As the two directly affect the Yin Qi and Yang Qi of the body, they must be balanced. This is the other goal of the practices, balancing the Yin and Yang Qi of the body through Water and Fire.

Exercise 1: The Little Orbit and Building the Cauldron

This is a form of Dantien meditation.

Do not have sex while doing this exercise, this includes masturbation. This exercise aids in the creation of the Dantien. It is said you must practice this method for 100 days (sometimes, 105 days) without any sexual activity before moving on.

The point of this exercise is to develop and tonify the Original Qi in the Lower Dantien, which in turns affects Jing.

Begin sitting in a basic meditation position. Sit cross legged, place your hands on your knees or in your lap, sit up straight, tuck in the chin, and let go of any tension.

Begin to do some deep breathing, in and out through the nose, and focus your attention on the Lower Dantien in the belly.

- a. Close your eyes and begin 'mula bandha' (squeeze shut the anus and lift the buttocks slightly).
- b. Take a deep breath in and focus on Ming Men,

the acupoint below the second lumbar vertebrae, a point on the spine above the hipbone, 1/3rd of the way up the back. As you breath in, guide Qi using your Yi from Huiyin (perineum) to Ming Men along Dumei (Governor meridian).

- c. Exhale and guide the Qi from Ming Men back to Huiyin along Renmei (Conception Vessel). As you can see, this is a vertical orbit around the lower Dantien.

- d. Repeat 9 times daily.

The point of this exercise is to develop the Lower Dantien, but in a figurative sense we are building a cauldron (ding). If you wish to visualize, as you do the exercise see that you are forming a large stone pot with the quality of Earth in the area of the Dantien.

This cauldron will hold the Original Qi in the form of Water.

Exercise 2: Self Steaming

This exercise is the method for converting Jing into Original Qi.

This will also serve to alleviate pent up sexual tension from abstainment.

Again, begin with taking the seated meditation position. Relax. Repeat "Ham Sa" a few times and begin your deep breathing. Do this until you are in a Void mind state.

a. Focus on the Lower Dantien. Do deep belly breathing in and out of the nose. Attempt to perceive the quality of Water in the Qi there. You may visualize and focus on the Dantien being a sea of Qi. Feel the cooling, wet, and sticky properties of the Qi there. Repeat the word "Water" or "Kan" in your head as a mantra.

b. Now, using your Yi, guide the Water Qi in the Lower Dantien up the Renmei channel on the front of the body to the heart. Visualize the Water mixing with Fire there. In much the same manner as you did for the Lower Dantien, begin to focus on the Qi in the Middle Dantien as being a burning fire. Visualize flames. Repeat the word "Fire" or "Li".

c. Next, focus on both Fire and Water in the heart center. Breath in, breath out, and let them both lower down the Renmei vessel to the Lower Dantien using your Yi.

d. Focus on putting the Water in the Cauldron at the Dantien. Now, place the Fire Qi from the Middle Dantien underneath the Cauldron. You are going to boil the water (Jing and Water Qi). Spend a good amount of time focusing on the images of the cauldron, and the water there boiling.

e. Continuing to focus on both Dantien at the same time, the steam from the Cauldron rises to the Middle Dantien and cools the Fire there. This is a large release of Qi into the Conception Vessel. You will feel strong feelings of Qi and heat in the Lower Dantien and Conception Vessel. This is normal.

f. When you are finished, use the Yi to uncouple Fire and Water. Move the Fire from underneath the "Cauldron" back into the Middle Dantien using your Yi. Use your Yi to guide the released Qi into all of the bodies meridians. If you wish, you can do the Microcosmic Orbit for a few repetitions to disperse and distribute the Qi built up in Renmei.

Relax, stand up, and drink a cup of water.

Fire Path, Water Path, Wind Path

Simply put, these are names for different circulations throughout the meridians.

The Fire Path is also known as the Microcosmic Orbit. This is covered in my other guides. This is Qi ascending in the Dumei meridian, and descending down Renmei. Qi moves up the back of the body and down the front of it.

The Wind Path is the reverse of the Microcosmic Orbit. This path is used to cool down the body when it becomes too hot. How do you know when it's too hot? Simple, if you have a lot of symptoms of overactive Yang, as described earlier in the Yin/Yang Theory section. In this path, Qi travels up the front of the body and down the back.

The Water Path is different. In this path, Water Qi travels up the Chongmei meridian in the center of the spinal cord, and down the front of the body in the Renmei meridian. The flow separates into Fire and Water at the perineum (Huiyin), with Fire Qi moving up Dumei and Water Qi moving up Chongmei and down Renmei.

Exercise 3: Wind Path Meditation

This circulation is used to balance and reduce Fire Qi in the Dumei channel by cooling it down with Water Qi.

Warning: This method should not be done exclusively. It is only used to balance too much internal heat and Fire Qi. This is the reverse of the natural Qi flow of the body. If you begin to get headaches, cramps, have blurred vision, dizziness, or any other symptoms, stop immediately. You probably don't have overactive Fire and practicing this circulation is bad for you.

Take your basic meditation position and meditate to a Void state.

- a. Close the eyes and look upwards. Begin mula bandha and lift the buttocks.
- b. Focus on the Lower Dantien and inhale, bringing Qi from the Dantien to the Baihui point on the top of the head up the front of the body in Renmei.
- c. Exhale, and guide the Qi down the back of the body in the Dumei vessel to the Huiyin point at the perineum, and back into the Lower Dantien.
- d. Repeat 5 times and see how you feel. Feel out the Dumei meridian in your back.

Does it still feel too hot? Is there too much Fire Qi there? Look inside yourself and decide.

e. Continue the circulation 5 more times, but no more than 10 times total in any one sitting.

Exercise 4: Bone Breathing in the Spine

This method is used to prepare for the Water Path circulation.

This exercise should be done laying down on a firm surface.

Meditate with eyes closed until you feel a Void mind state (Beta wave) and a connectedness with your Qi.

a. Begin to do deep abdominal breathing while focusing on the Lower Dantien, and the Huiyin point between the legs.

b. As you inhale, use your Yi to fill the 8 vessels of the body with Qi. Take Qi in through the top of the head (Baihui), the palms (Laogong) and the feet (Yongquan). Exhale, focus on the Huiyin point.

c. When you feel as if you are full of Qi, focus on Huiyin and the coccyx (tailbone). Begin to condense the Qi into the coccyx. Breath in and condense the Qi of the body into first the bones, and then the coccyx and perineum. Exhale and relax your concentration.

d. Repeat this process 9 times.

Exercise 5: Water Path Meditation

After some time condensing Qi into the coccyx and bones, you will be ready for this technique. A good way to tell is if you have an abundant amount of strong Qi in the lower body at Huiyin. This Qi will seem to vibrate, it will be dense and sticky when observed and it will tingle. In men, the testicles will tingle in meditation. In women the stomach and Huiyin point will tingle.

After enough energy has been collected in the Lower Dantien and associated acupoints through the previous exercises and the micro and macrocosmic orbits, there will be quite a buildup of strong, magnetic Qi in the lower body. This is Original Qi (Nei Qi or Yuan Qi). It is also Jing. However, since we have stored and sublimated a great deal of Qi in the Lower Dantien, it is like a coiled spring, waiting to be released up the Chongmei

channel, and the natural flow of this energy is to go up the spinal cord to the brain.

There is a whole subset of exercises called Xi Shui Jing that further builds on this energy, but I am not going to include any of them. They are sexual in nature and limited to men only. For this reason, I don't use these methods, because in the long run they aren't necessary for Brain/Marrow Washing. However, if you are interested in them, they are detailed in the book "Qigong: The Secret of Youth" by Dr. Yang, Jwing-Ming.

The key to this exercise is to let go and give yourself up to a higher power. This can be Dao, God, Brahma, the Universe, the Higher Self (Atman), or any number of deities from varying religious tradition. The key here is faith and belief that there is something out there greater than you, and capable of causing fundamental transformation on a spiritual level.

I would suggest bathing before this practice, wearing white or orange, and burning some incense to help attain the proper mind state. I use Nag Champa or Native Sage or Sweetgrass but you can use whatever you like.

With that said, we will begin. Take a seated position, and meditate to a void mind state.

- a. Breath in and focus on Huiyin and the Lower Dantien. Exhale and relax.
- b. Connect with the Water Essence of the Lower Dantien by focusing on it, repeating a mantra, visualizing water, and so on. Begin mula bandha.
- c. Make a mental affirmation to yourself that you are going to raise the Original Qi and Essence from the Lower Dantien to the Upper Dantien. Now is the time to say a prayer and ask your God to assist you in awakening transformational energy.
- d. Use your Yi to activate the Lower Water energy, focusing on the tailbone. Inhale. Exhale and focus on the Baihui point at the top of the head. Feel that there is a magnetic attraction between these two acupoints. If you wish, you can visualize Divine Light coming into you through the head, reaching down to the tailbone, activating it, and pulling the Qi up.
- e. Continue this meditation, going deeper and deeper. Do not resist anything that happens to you. You may feel a physical force making you crane your neck backwards and look upward. You may have urges to adjust your arms and back, making the vertebrae pop loudly. You may begin to start speaking in tongues, you may feel very hot (especially in the spinal column). The key here is to go with the flow, become a blank slate, and guide the energy movements with your Yi.
- f. Take as much time as you need, inhaling and exhaling, while working with the Chongmei channel, until you feel the Qi from the Dantien rise to head as a raw magnetic force of creation.

g. After you are finished and satisfied something has indeed happened to you, shift your focus. Inhale and bring more Qi up the spine in Chongmei, exhale and cycle it down Renmei to the Lower Dantien again.

When you are finished, slowly get up and collect yourself. It would probably be a good idea to stretch, after my experiences I did and a lot of my joints and bones popped and cracked. Drink a glass of water.

I wish all of you success with this method. Stay devoted.

Exercise 6: Two Centers Breathing

This is a technique to help you focus and control the transformation Qi released in the prior technique.

Begin in sitting meditation until you reach a state of gnosis.

- a. Focus on the Lower Dantien and Upper Dantien at the same time. Inhale and exhale while doing deep abdominal breathing.
- b. After some time, when you are fully aware of both centers (and probably the Qi in the center channel), began to focus on the Qi in them.
- c. Deep belly breath and using your Yi, condense or compact the Qi into these centers. On inhalation, you compress the Qi into these centers. Visualize it as a ball of light that keeps getting smaller and smaller. On exhalation, the Qi spirals around the Dantien.

This concludes the Qigong path.

Yoga Section

Hindu Cosmology and Shaktism Theory

"Neither being (sat) nor non-being was as yet. What was concealed? And where? And in whose protection?...Who really knows? Who can declare it? Whence was it born, and whence came this creation? The devas were born later than this world's creation, so who knows from where it came into existence? None can know from where creation has arisen, and whether he has or has not produced it. He who surveys it in the highest heavens, he alone knows-or perhaps does not know." (Rig Veda 10. 129)

Hinduism is a rich and complex tradition intertwined with a great deal of philosophy. In Hinduism, all beings are incarnated into a cycle of death and rebirth (reincarnation).

To attempt to convey all that is Hinduism is impossible and beyond the scope of this document. I am going to keep things as simple as possible, here. However, a basic idea of the most important Gods of Hinduism is necessary for the knowledge of the fundamental theory behind Kundalini Yoga.

Hinduism asserts that there are 33 million Gods, all an expression or avatar of the Ultimate Being, called Brahman. Brahman is at once the Creator of the universe, God himself. Everything and nothing. Beyond existence, yet existence itself. In many ways, this parallels the philosophy of Dao.

Further, another common God in Hinduism is Vishnu, the Protector of the Universe. Vishnu has ten Avatars, or physical incarnations of his existence. Two of these are important among all others, and they are Krishna (of the Bhagavad-Gita) and Rama (of the epic, the Ramayana).

For our purposes, the most important deity is Shiva- the Destroyer. Shiva tends the Universe in between cycles of death and rebirth. When our current universe ends, it is because of Shiva; and in the periods in between he manifests and tends the Void. Shiva is an ascetic Yogi and the God of Yoga. Though he is the Destroyer, he is compassionate and taught people Yoga in his incarnations. There is an aspect of duality here, which brings me to..

Shakti- the Mother of the Universe. Shakti is Shiva's wife, the Divine Feminine aspect of the universe. In Shiva and Shakti, we see a duality, which is very similar to Yin and Yang.

"I am Manifest Divinity, Unmanifest Divinity, and Transcendent Divinity. I am Brahma, Vishnu and Shiva, as well as Saraswati, Lakshmi and Parvati. I am the Sun and I am the Stars, and I am also the Moon. I am all animals and birds, and I am the outcaste as well, and the thief. I am the low person of dreadful deeds, and the great person of excellent deeds. I am Female, I am Male, and I am Neuter."- Devi-Bhagavata Purana

Shakti is the Divine Feminine and Kundalini and Goddess of the Universe. She is energy of the highest vibrational quality. It is this energy (prana) that pervades the universe, our bodies and minds. Shiva and Shakti are both manifestations of Brahman, and hence, two halves of the same coin. Further, Brahman, Vishnu and Shiva make up what could appropriately be called the Hindu Holy Trinity.

The basic idea here is that these Gods are all manifestations of the supreme being, Brahman. Brahman is God and Brahma is God's existence, also variously called the True Self, the Higher Self, the Guardian Angel, and many other names. We have a personal soul called Atma, which by it's nature is a lower manifestation of Brahma, but is

our separate, personal, independent consciousness. Part of the goal of these Yoga practices is eliminating obstructions, impurities and obstacles that prevent the Personal Soul (Atma) from identifying with the Higher Self (Brahma). When one has experienced the Higher Self, one becomes detached and experiences inner bliss in meditation and day to day life. This awakening and reidentification with the Higher Self is the goal of Kundalini Yoga.

Nadis and Chakras explanation

Chakras, or wheels, are spinning discs of energy (prana) in the body. They are envisioned as flowers, each having petals, and distinct properties. In the healthy body, it is thought that the Chakras spin counterclockwise with prana. In an unhealthy body, it is thought that they slow down their spin, stop spinning, or even spin backwards, depending on who you talk to. The important point for our purposes, though, is to know they spin counterclockwise.

The Chakras are:

English name - color - location - Sanskrit name - number of petals

Root Chakra - Red - Base of the Spine (coccyx) - Muladhara - 4

Sacral Chakra - Orange - Sacrum (3 inches below the naval) - Svadhisthana - 6

Plexus Chakra - Yellow - Solar Plexus - Manipura - 10

Heart Chakra - Green - Heart - Anahata - 12

Throat Chakra - Pale Blue - Throat - Visshudha - 16

Third Eye Chakra - Indigo - In between the eyes - Ajna - 2

Crown Chakra - Violet (some say white) - Top of the entire head - Sahasrara - 1000

The Chakras are on a column, called the Sushumna nadi (channel), which is roughly equivalent to the spinal cord.

Intertwined around the Sushumna nadi are the other two major Nadis, Ida and Pingala. Ida and Pingala start at the Third Eye Chakra and go down around Sushumna in a spiral pattern to the Root Chakra. Ida and Pingala are considered masculine and feminine, fire and water, and a major source of the bodies' prana through the nose.

Additionally, within Kundalini Yoga there is a concept known as Tattwas, or elements. The Five Tattwas are the Five Elements of creation. These are Earth, Water, Fire, Air, and Ether. These Tattwas correspond with the lowest five Chakras- Earth for Root, Water for Sacral, Fire for Plexus, Air for Heart, and Ether for throat. The Third Eye and Crown Chakra are said to be beyond these elements, or a manifestation of a combination of the elements. Some systems of Kundalini yoga focus on these forces in meditation and bind aspects of each element to the Chakra using intention and visualization. Since I haven't used this method personally, I'm omitting it, but it should be noted that these Tattwas exist. Students of Kundalini may wish to seek these methods out on their own, and integrate them with the practices here, if they find it helps them. Also, the Mantra we'll be using (talked about later) invokes these Tattwas by its nature, so specific meditation on the individual Tattwas may not be necessary.

What is Kundalini?

Kundalini literally means "coiled" but it could more appropriately be termed 'coiled fire'. Kundalini is the human's Shakti, which rests undisturbed in most people in the base of the spine at the Muladhara Chakra in 3 1/2 coils. The Kundalini energy is seen as a fiery, sleeping serpent or snake.

Awakening this energy leads to great personal achievement and experience of transcendental states. Through the practice of Pranayama, Mantra Yoga, and meditation we learn how to arise the dormant prana in the base of the spine, make it flow in the Sushumna nadi, and bring it through each chakra to the top of the head. In the process, three Granthis or "Knots" are broken. Think of these like knots of cord in the Sushumna nadi that restrict the flow of prana in most people.

The first knot is in the Muladhara Chakra (Root), it is the Knot of Brahma. This blocks the flow of Kundalini from Muladhara upward to the other Chakras. This knot is related to attachment to desire and lust. The second knot is at the Manipura (Plexus Chakra), it blocks the flow of Prana from the Manipura to Anahata Chakra (Heart), and it is related to stifled actions. The last knot is the Rudra (or Shiva) Granthi, this knot blocks the flow from the Ajna Chakra (Third Eye) to the Sahasrara Chakra (Crown). It is related to bondage of thought, impure thoughts motivated by the ego as opposed to thoughts that are free of worldly attachment.

As you practice Kundalini yoga, slowly these knots come undone, and the Prana in Sushumna is made to flow higher. When you have your first Kundalini experience, it would probably be due to the untangling of Brahma Granthi- this marks the beginning of a transformational process, with a long path ahead.

On another level, Shakti in the form of the sleeping Kundalini serpent travels from the base of the spine to the top of the head, the Thousand-Petaled Lotus or Sahasrara

chakra, where Shiva awaits her. This marriage of Shakti and Shiva in the Chakra leads to inner bliss, transcendence, liberation of karma, and spontaneous identification of the Personal Soul (Atma) with the Universal Soul (Brahma). It is through this we begin to know and become our Higher Selves.

It should be noted that there are many, many techniques of Kundalini Yoga other than the ones presented here. These ones eventually worked for me, but they might not work for you. You may feel more comfortable learning from a Guru or a book on the subject. I truly believe that the exercises here worked for me, and can work for anyone, but I'm not the ultimate authority on the subject. I feel that my exercises are simple enough for anyone to be able to do without being abstracted by many unfamiliar Sanskrit words and terminology. They are simple, they are few, but if the mind of understanding and devotion approaches them, it will find success. If you are interested in more methods to supplement the ones here, I suggest reading the Yoga Kundalini Upanishad, found here. In fact, I would suggest everyone interested in this path read it, to gain better understanding of the core practices.

Exercise 1: Alternate Nostril (Lom Vilom) Pranayama

Sit cross legged with your back straight. Use your right hand for this. Reach up with your arm and put your hand in front of your nose. Grab the right elbow to support it with the left hand. Now, pinch your nostrils shut with your thumb and index finger and make the rest of the hand into a loose fist. Pinch them gently, just to seal off the airways. This is the basic position.

Now, let go of your nose so you can breath through it. Press down with the index finger to seal the left nostril. Breath in deeply through the right nostril for 4 counts/seconds in your head (one one-thousand, two one-thousand, three one- thousand, four). As you breath in, you want to take in energy through that nostril and focus on the Root Chakra. The visualization is that of inhaling fire, which goes down the nadi and ignites the Root Chakra. The is simply to guide the prana in a spiral pattern through the nose and down the back to the tailbone. Make sure you don't just visualize, you need to actually MOVE the energy with your mind and trace it's movement down the nadi.

So, close off the left nostril with the index finger. Breath in 4 counts through the right nostril. Hold for 2 counts. Unplug the left nostril with the index finger, close the right nostril with the thumb, exhale for 8 counts VERY slowly through the left nostril. Your lungs should be empty at the end. Now, inhale for 4 counts through the left nostril (still keeping the right one closed with the thumb) and visualize this energy as frigid water going into the nadi, guide it with your mind to the root chakra (the Root Chakra is always the focus). Hold for 2 counts. Open the right nostril with the thumb, close the left with the index finger, exhale for 8 counts.

1. Close left nostril with index finger. Inhale through right for 4 counts. Pause for 2 counts.
 2. Open left nostril with index, close right nostril with thumb, exhale through left nostril 8 counts.
 3. Inhale through left nostril 4 counts, pause for 2 counts.
 4. Close left nostril with index finger, exhale through right nostril for 8 counts.
 5. Inhale through right nostril again still keeping the index over the left.
 6. Repeat.
- Do 27 repetitions of this daily. 1 repetition is 1 full breath through each side, so the what I explained step by step above constitutes 1 repetition.

This pranayama is very powerful with the accompanying focus. The cycle of positive/negative energy being taken in and directed to the Root Chakra serves two purposes: one, to build up a large amount of prana there, and two, to activate Kundalini energy in the kulakunda. This pranayama should form the core of your practice.

Exercise 2: Opening the Chakras Meditation

This exercise is used to energize and "open" the Chakras.

Lie down flat on your back, probably on a bed, with your arms out to your sides, palms up. This is called Shivasana, or the "corpse pose".

Begin to meditate, breathing in through the nose, out through the mouth. Meditate until you reach a void mind state and a connectedness with all things and your energy.

a. Focus on the Root Chakra at the base of the spine. Begin to chant out loud, "om" (ooohhhhhhhhhmmmmmmmmmmmmmmmmmmmm, over about 5 seconds), and let this mantra energize and vibrate through the Chakra. Focus on the color red. Use intention to spiral the prana around the Chakra counterclockwise. As you continue to chant "om", visualize a red flower blooming at the base of the spine. Continue this, taking note of any feelings at the Chakra, until you really feel that the Chakra has become active.

b. Move on, focus on the Sacral Chakra below the belly button. Begin to chant out loud, "om", and let this mantra energize and vibrate through the Chakra. Focus on the color orange. Use intention to spiral the prana around the Chakra counterclockwise. As you continue to chant "om", visualize a orange flower blooming at the sacrum. Continue this, taking note of any feelings at the Chakra, until you really feel that the Chakra has become active.

c. When you are ready, focus on the Solar Plexus Chakra below the chest. Begin to chant out loud, "om", and let this mantra energize and vibrate through the Chakra. Focus on the color yellow. Use intention to spiral the prana around the Chakra

counterclockwise. As you continue to chant "om", visualize a yellow flower blooming at the plexus. Continue this, taking note of any feelings at the Chakra, until you really feel that the Chakra has become active.

d. Again, focus on the Heart Chakra in the chest. Begin to chant out loud, "om", and let this mantra energize and vibrate through the Chakra. Focus on the color green. Use intention to spiral the prana around the Chakra counterclockwise. As you continue to chant "om", visualize a green flower blooming at the heart. Focus on the idea of unconditional love blooming at the Heart center. Continue this, taking note of any feelings at the Chakra, until you really feel that the Chakra has become active.

e. Next, focus on the Throat Chakra in the throat. Begin to chant out loud, "om", and let this mantra energize and vibrate through the Chakra. Focus on the color light blue. Use intention to spiral the prana around the Chakra counterclockwise. As you continue to chant "om", visualize a light blue flower blooming at the throat. Continue this, taking note of any feelings at the Chakra, until you really feel that the Chakra has become active.

f. Moving on, focus on the Third Eye Chakra between the eyes. Begin to chant out loud, "om", and let this mantra energize and vibrate through the Chakra. Focus on the color Indigo (purplish blue). Use intention to spiral the prana around the Chakra counterclockwise. As you continue to chant "om", visualize an Indigo flower blooming at the Third Eye. Continue this, taking note of any feelings at the Chakra, until you really feel that the Chakra has become active.

g. Finally, focus on the Crown Chakra around the top half of the head. Begin to chant out loud, "om", and let this mantra energize and vibrate through the Chakra. Focus on the color Violet(purple). Use intention to spiral the prana around the Chakra counterclockwise. As you continue to chant "om", visualize an Purple flower blooming at the crown of the head. Continue this, taking note of any feelings at the Chakra, until you really feel that the Chakra has become active.

h. With all the Chakras active and spinning, try and put your focus on all of them at once. Continue to just breath, and experience the prana generated through the Chakras in the spinal column (Sushumna). There is no goal here but to experience the generated prana and the associated feelings. You may pass to a dream state and have visions. You may even experience spontaneous Kundalinic or Pranic awakening and a strong magnetic feeling creeping up the spine.

i. When you are finished, go back through the Chakras in reverse order and see them closing. Focus on each in sequence from the Crown back down to the Root. Visualize a flower of the appropriate color closing back up, and use your intention to slow the flow of energy until they are not fully active.

Stand up, stretch, drink a glass of water.

What is a Mantra? Mantra Yoga Theory

What is a mantra?

Simply put, a mantra is a power word in Sanskrit capable of causing spiritual change. Sanskrit is the ancient language of Indo-Aryan peoples and of the Brahmin priest caste of India. It is also, for our purposes, the language of Yoga, and the language of spiritual change.

The most fundamental, original mantra is Om. Om is the seed Mantra associated with the highest Chakra, the Sahasrara or Crown Chakra in the head. Om is a name of divinity and the Word of Creation, the pravara mantra, the source of all Mantras. This is why we vibrate the mantra Om in the previous exercise at every Chakra: It is the source, and the Mantra of the highest Chakra. Thus, by vibrating Om at the lower Chakras, we awaken them on the highest level using the seed Mantra of the highest Divine Chakra, and have a chance of awakening primordial currents of Kundalini in the process.

In Mantra yoga there are a few different levels of progression in reciting the mantra, ordered from lowest to highest:

- * Speaking the mantra without purpose. This is the lowest level of reciting a mantra. Because there is no intention, no faith and no purpose behind the Mantra, it could be said to hold no power, and is just another word, as if I said any random English word by itself.
- * Reciting the mantra with purpose and understanding. This is the next progression in the order. This occurs when the nature and meaning of the mantra is understood on a fundamental level. This includes the concepts behind the mantra, the true meaning of the mantra, and the energies it is directing.
- * Vibrating the mantra. This is when the ideas behind the mantra are understood, the mantra is said with a clear and loud voice, and the mantra is drawn out so the syllables have time to vibrate. This vibration causes energetic change in the Yogi. This combines the previous understanding mentioned above with the power of the voice as a method of focusing intention.
- * Vibrating the mantra internally. This is when the previous is done but without voicing the mantra. Instead, the mantra is vibrated internally in the inner ear, and combined with intention and focus, this is potentially the most powerful method of vibrating a mantra.

Mantra Japa:

"Mantra japa was a concept of the Vedic sages that incorporates mantras as one of the main forms of puja, or worship, whose ultimate end is seen as moksha/liberation.

Essentially, mantra japa means repetition of mantra,[9] and it has become an established practice of all Hindu streams, from the various Yoga to Tantra. It involves repetition of a mantra over and over again, usually in cycles of auspicious numbers (in multiples of three), the most popular being 108. For this reason, Hindu malas (bead necklaces) developed, containing 108 beads and a head bead (sometimes referred to as the 'meru', or 'guru' bead). The devotee performing japa using his/her fingers counts each bead as he/she repeats the chosen mantra. Having reached 108 repetitions, if he/she wishes to continue another cycle of mantras, the devotee must turn the mala around without crossing the head bead and repeat.

To attain single-pointedness of mind, repetition of mantra's can be done in the following ways:

Mantra Yoga (chanting)

Japa Yoga:

Vaikhari Japa (speaking)

Upamsu Japa (whispering or humming)

Manasika Japa (mental repetition)

Likhita Japa (writing)

It is said that through japa the devotee attains one-pointedness, or extreme focus, on the chosen deity or principal idea of the mantra. The vibrations and sounds of the mantra are considered extremely important, and thus reverberations of the sound are supposed to awaken the Kundalini or spiritual life force and even stimulate chakras according to many Hindu schools of thought."

Source: Wikipedia

So, for our purpose of Kundalini yoga, the mantra we will be using is:

Om Namah Shivaya ॐ नमः शिवाय

Om Namah Shivaya (pronunciation ohm-nah-mah-shee-vah-yah) has no literal translation. If we were to direct translate it, it would be something like:

"Om and Salutations to Lord Shiva"

However, there are many other translations and meanings to this Sanskrit mantra.

"Om and Salutations to that which I am Becoming."

"I bow to the inner divinity within me."

It is this mantra we will be reciting in an attempt to raise the dormant Kundalini from the Root Chakra.

"Namaḥ Śivāya is the most holy name of God Śiva, recorded at the very center of the Vedas and elaborated in the Śaiva Agamas."

"Na is the Lord's concealing grace, Ma is the world, Śi stands for Śiva, Va is His revealing grace, Ya is the soul. The five elements, too, are embodied in this ancient formula for invocation. Na is earth, Ma is water, Śi is fire, Vā is air, and Ya is ether, or Ākāśa. Many are its meanings."

"Namaḥ Śivaya has such power, the mere intonation of these syllables reaps its own reward in salvaging the soul from bondage of the treacherous instinctive mind and the steel bands of a perfected externalized intellect. Namaḥ Śivāya quells the instinct, cuts through the steel bands and turns this intellect within and on itself, to face itself and see its ignorance. Sages declare that mantra is life, that mantra is action, that mantra is love and that the repetition of mantra, japa, bursts forth wisdom from within."

"The holy Natchintanai proclaims, "Namaḥ Śivāya is in truth both Āgama and Veda. Namah Śivāya represents all mantras and tantras. Namaḥ Śivaya is our souls, our bodies and possessions. Namaḥ Śivāya has become our sure protection."

—Satguru Sivaya Subramuniyaswami

This mantra corresponds to the first five Chakras on the Sushumna nadi. For this reason, it is most appropriate that it is used to raise Kundalini forces from the base of the spine, as it resonates on each Chakra up to the Third Eye (Ajna).

It should be noted that one should not attempt to use Mantras other than "Om Namah Shivaya" and "Om" in practicing Mantra Yoga. Without having Mantra-Diksha from a Guru and being initiated into a Yoga lineage, it is dangerous to chant long, more complex Mantras because of the risk of improper pronunciation. It is said that chanting Mantras incorrectly can cause you to incur karmic debt. If you believe in this sort of thing, be warned: just stick with the Mantra I'm giving. There is a great deal of power in it, which should be sufficient to awaken Kundalini energies if you are devoted and sincere in your practice. Leave any others you find alone unless you speak Sanskrit or are under tutelage from a Guru.

Exercise 3: Chanting

In this exercise, we will use our newfound power word to stimulate the dormant Kundalini.

Lay on your back, on the ground, in Shivasana (corpse pose). Arms to the sides, palms up.

Meditate until you reach a void mind state, with all the associated feelings.

Now, focus internally on the Root Chakra with your attention.

Begin to speak out loud, "Om Namah Shivaya". The words should vibrate and have meaning. "Ohhhhhmmmmmmmm naaaaaahh maaaaaahhhh sheeeeeeee vaaaaaaahhh yaaaahhhh". The inflection should be monotone. Vibrating the mantra should take about five seconds. Remember to focus on the Root Chakra, and take note of any sensations there. Don't forget to breathe- inhale, and speak the mantra as you exhale.

If anything begins to happen to you- physical symptoms like the neck craning back, shaking, convulsions, the eyes rolling back in the head, or anything else outside of your control, go with it. Don't fight it. This is natural and a sign that Kundalini is stirring. You may feel a strong magnetic pulse fluid rise up the spinal cord. You may begin to hallucinate. All of this is natural, and if you fight against it, you are only restricting yourself.

After some time, you may or may not have success with chanting the mantra. It can't be forced. The key is to stick with it. It takes time. When you feel you are finished for the day, regardless of whether you had an experience or not, stand up slowly, stretch and drink some water.

Where you should be by now and learning to let go

By now, you should have been doing Alternate Nostril Pranayama, the Chakra meditation, and Chanting the Mantra for some time. You may or may not have had experiences with Kundalini. The key is to stick with these practices and continue to do them all daily. Just doing one alone is not going to get you anywhere.

Ultimately, this is a manner of learning to let go. You cannot force Kundalini to awaken. This is something that can take a month, or something that can take years or even a lifetime!

A big part of this is chanting and letting go of everything besides the chant, and just focusing on the Root Chakra. You cannot use your intention to awaken the prana. This is where the issue of Divine Grace comes into focus. There is a time and place for everything- will you hold on to your ego, or will you step out of the way so something miraculous can happen? When God decides you are ready to awaken, you must realize this and step out of the way. You must learn to surrender yourself at the very core of your being, and continue chanting, before anything will happen. If you are an individualist or egoist this will be very difficult. However, it is said that when you say "I", God says "I". When your Personal Soul (Atma) is in the way of the Higher Self (Brahma), nothing can happen, because you are impeding your own evolution. There cannot be two- you must surrender and allow Divine Grace to enter you. It is just that simple.

Koujiryuu's experience

My experience with Kundalini yoga began at age 17.

At the time, I was incarcerated in a Juvenile corrections institute, where I had about 5 hours a day alone in my room with nothing to do. I had been incarcerated for a little over a year, and every day I practiced Qigong and meditation, as well as the Tibetan Five Rites Yoga I learned from a book my Mom had before I went in.

Anyway, one day in the library, I saw a book I had never seen before. I wasn't sure what it was. I picked it up and took a look. In retrospect, I'm not sure what book it was, other than it was by Gurumayi Chidvilasananda. I think it may have been Transformation Volume 3. It was over ten years ago, so I cannot remember fully.

The book detailed the experiences of the devotees of Gurumayi Chidvilasananda. It had a lot of stories, poems, and descriptions of strange experiences with Kundalini energy. It had a lot of unfamiliar concepts and words in it. The book didn't have very many practical techniques I could use, but it did have a lot to say about the mantra, Om Namah Shivaya, letting go, and experiencing the power within.

I had heard of Kundalini before but I didn't know anything about it. I had done Qigong for 3 years or so at this point, as well as meditation.

Taking what little practices I had, descriptions in the book of the Nadis, the mantra, and faith, as well as a lot of free time, I decided to practice the methods and awaken my Kundalini.

I practiced chanting, pranayama, the Five Rites, and meditation for about 4 hours a day in the evening. I certainly had a lot of time to kill, and I didn't expect much in return, because my knowledge of the practices was limited to what was in the book... I drew my own conclusions.

Anyway, one night after having practiced for about a month, I had an experience. It was late, probably around 10pm, and I was chanting the mantra quietly, so as not to disturb others. I had already done the Opening the Chakra meditation, and was in a deep trance. I chanted quietly, but became frustrated, as nothing was happening. Suddenly, I had an epiphany: I needed to let go of expectations and give myself up to the Kundalini...

I continued to chant, while focusing on the Root Chakra, but with a different mind set. I felt freedom in the purest sense, like nothing I had felt before. I felt totally at peace with myself and my surroundings. I felt very surreal, as if I was not locked in a jail cell at a boys school, but somewhere else entirely- at once inside myself, yet everywhere in the cosmos. I felt a very strong, magnetic feeling in the back, then I saw a blinding light, and a blue pearl in between my eyes. I felt a strong light that I can only describe as being Holy enter my Crown chakra through the top of my head, travel down the back to the

Root Chakra. I felt a tremendous condensation of energy there, an intense heat and a strong tingle. My gonads began to tingle strongly. My neck began to move back on its own, as if I were looking upward- my shoulders lifted off the ground, my buttocks felt pushed down, my eyes rolled back in the head, and I felt a strong liquid force come out of the Root Chakra, and slowly move up the back to the top of the head. I had a vision of Gurumayi smiling at me and touching me on the forehead.

I felt incredibly happy and liberated. I felt the force of the Shakti/Shiva marriage as an inner bliss pervading the Crown Chakra. Eventually, my body relaxed, and I still felt a tremendous amount of prana in my spinal cord (which is there to this day). I ended up laying there, meditating, until I fell asleep. I woke up as a different person. The next day, all day long, I would turn my head to the side and my neck and back would pop and crack audibly, and I would feel currents of energy in my spine.

This experience was so incredibly powerful and peaceful, and felt so right and natural. Regardless of whether or not you believe it, this is something sacred to me. There is no exaggeration or hyperbole here, just the subjective truth of my experience. I am sharing it with you to illustrate a major point, that I've outlined before: you must have unwavering devotion and let go of the personal ego to attain transformation. The whole time I practiced over the course of that month, I was so focused on controlling my intention, and awakening the energy myself, that I missed the point: you must let go and give yourself up to your Higher Self.

Exercise 4: Divine Light Meditation

This is a culmination of all our previous exercises into one method to (hopefully) attain Kundalinic awakening.

Before doing this exercise, bathe yourself. Burn some incense. Put some devotional music on, or a white noise recording. Do anything you can to assist the process. Wear all white or orange.

Begin lying down in the corpse pose position.

Meditate until you reach a Void mind state.

Now, begin to do Alternate Nostril Pranayama, focusing on the Root Chakra. The key here is to guide a large amount of Prana to the Root Chakra for the purposes of activating Kundalini.

Take as much or as little time as you need, doing the Alternate Nostril Pranayama. When you feel ready, move on.

Continue to meditate.

Go through the "Opening the Chakras" exercise, using "Om Namah Shivaya" in each Chakra. Remember to focus on the prana spiraling in each Chakra, and visualize a colored flower blooming for each.

After your Chakras are open, move on.

Focus on the Root Chakra and chant out loud: "Om Namah Shivaya". What does this mean to you? What is the nature of existence? Does God exist? These are questions you must ask yourself.

Continue to focus on the Root Chakra while chanting. Pray, and ask God, Shiva, Shakti or whatever higher deity you believe in to assist you.

At some point, the intense chanting and focus on the Root Chakra may or may not cause sensations of Kundalini activity, if you are personally ready for it and are truly devoted.

Regardless, ask your personal deity to help you again. Voice this prayer out loud. Now, visualize and feel a bright golden white light coming down into your body through the top of the head. This light is the essence of God or your chosen deity. The light is pure love and energy of the highest vibrational quality. It energizes the Crown Chakra and moves down the Sushumna channel to the Root Chakra, and activates Kundalini.

At this point, let go and continue chanting. Don't expect anything to happen. Don't impose your intent on the energy in the spine or chakras. Quiet yourself, give yourself up and watch while you continue to chant.

Again, If anything begins to happen to you- physical symptoms like the neck craning back, shaking, convulsions, the eyes rolling back in the head, or anything else outside of your control, go with it. Don't fight it. This is natural and a sign that Kundalini is stirring. You may feel a strong magnetic pulse fluid rise up the spinal cord. You may begin to hallucinate or have visions. All of this is natural, and if you fight against it, you are only restricting yourself.

You must let go and give yourself up to God.

When you have an experience and are finished, thank your higher power. Thank your Higher Self. Say a prayer. Continue to meditate and perceive your new-found energy source. When you are satisfied with the experience, stand up slowly and stretch. Pay special attention to the neck, back and joints. It helps to move the head around in circles or side to side.

I hope this method has the same results for you that it has had for me. Most importantly, now that you've had this primal experience, give all that love and light back to the world. Do something to help someone. Create. Write poetry or paint. Do something nice for your family. Give back to the community, and Veritas.

Confirmatory experiences on the path of Kundalini

Here is a list of confirmatory experiences on the path of Kundalini yoga.

The first set of symptoms are more physiological and mental. These can manifest as illness, although not all of them are negative things.

The second set of effects are almost entirely positive and come from the Yoga Kundalini Upanishad. These effects can variously be described as samadhi, or a non-fixed integration of the personal consciousness with the universal consciousness in meditation as a result of Kundalini practice.

It should be noted that unless you have experienced a great deal of these symptoms or effects simultaneously in day to day life as well as in meditation, you may not have awakened Kundalini. I don't doubt anyone else's experiences because I am an honest person, and I would expect my readers to give at least some credence to my own experience. Just take note, if you've had a real experience you will know it. Don't make the mistake of thinking you've had it when you haven't.

From Biology of Kundalini

Muscle twitching, cramps or spasms, shaking, trembling, limpness, rigid- contraction, facial contortions. Itching, vibrating, pricking, tingling, effervescent bubbles of bliss. Tingling/throbbing in left foot and leg is one of the main signs that Kundalini is active. Hot or cold changes in body temperature. Shooting currents of energy or heat. Zigzag or double helix of energy up the spine. Prana flow in the central nervous system. Pulsating sensation in the sacrum. Involuntary laughing or crying, deep sighs. Abdomen may flatten toward the spine. Contraction of visceral organs. The anus contracts and is drawn up (bandhas). Purging or constipation. Bad digestion. Chin may press down against the neck (neck lock posture). Eyeballs roll upwards or rotate. Eyelids may not open despite effort to open them. Left eyelid flickers, then towards the end of the awakening the right eye may flicker. Tongue rises to the roof of the mouth or stretches back. Repetitive popping sensation in the sinus above the palette. Body may twist in all directions. Body may bend forward or back, or roll around on the floor. Spontaneous asanas and mudras. Breathing constriction, heaviness or contraction of diaphragm. Unusual breathing patterns, tendency to belly breathe, emphatic out-breath. Racing heart, expansion pains in heart. Feeling of levitation or intensified gravity, radical grounding and associated lethargy, Chronic Fatigue. Body sense might expand to feel huge or small. Strange aches and head pressures, headaches. Clenching jaw. Yawning, excessive sleep. Inability to sleep during hyperactivation; Hyperactivity, need to constantly walk or exercise. Dry throat, great thirst. Feeling headlessness, mindless, giddy, heaviness of head like one is wearing a helmet. Build up of pressure at the head, neck, spine, thorax and eyes. Paralysis during Samadhi or hypnogogic states. Numbness and pain in limbs, especially the left foot and leg. Numbness on the left scalp and down into left face, with drooping of the left eyelid. Years of pain in the throat (thyroid) or in the left foot or shin prior to the awakening. Loss of strength in the arms during rapture and heart expansions. Psychokinetic interference with electrical

equipment. Smell of roses or peaches emanating from the skin.

LAYA YOGA

Inner visions and lights, flames, geometric shapes. Visions of deities, or saints. Dream-scenes. Inner sounds, celestial music, bird sounds, animal sounds. Buzzing or humming in the ears. Inner voices. Spontaneous mantras. Speaking in tongues or foreign languages. Smell of perfume arises. Transcendental vision, everything illuminated scintillating, vibrating. Dreams and visions in transcendental vision. Atom bomb dreams. Temporary loss of eyesight.

BHAKTI YOGA

Love with no object arises. Devotion. Sublime gratitude. Uncommon compassion and understanding. Tolerance and patience for "What Is." Enormous faith accompanies the bliss. Transcendence of reactive patterns, social conditioning and egoic habits. Intense sexual arousal without provocation. Intensified sexual and sensoral pleasure. Feeling of gaseous bubbles arising from reproductive organs, champagne pelvis. Feeling of radiating ambrosial bliss, an aura of nectar. Heat, sweat. Strange activity and bliss in different areas of the head at different times. Sensations of blissful honey moving through brain, spine and connecting heart to other parts of the body. Traveling bliss, or pervasive bliss, rapture. Spontaneous sexual ecstasy with no stimulation. Increased ESP, precognitive dreams, telepathy. Bio-location of loved one through heart's navigation. Alchemical preparation for future unknown events, ie: translocal transtime development. Linear time transcended. Feeling of entire life reaching a nexus point in time. Heightened senses. Hyper-sensitive. Field of self widens, peripheral awareness increases. Exquisite awareness of one's environment and others. Ability to affect energetic states and promote heart expansion in others via sympathetic resonance.

JNANA YOGA

Deep questions and answers arise. Spontaneous mystic poetry that writes itself. Important insights, eureka's. Scientific and creative solutions. The Herald of the Muse appearing as a sound or voice in the upper right-brain field prior to the emergence of information. Increased creativity and expression. Intensified understanding. Finer focus on "the most important thing." Compulsive need to write.

From the Yoga Kundalini Upanishad:

"Experiences On Awakening Of Kundalini"

"During meditation you behold divine visions, experience divine smell, divine taste, divine touch, hear divine Anahata Sounds. You receive instructions from God. These indicate that the Kundalini Shakti has been awakened. When there is throbbing in Muladhara, when hair stands on its root, when Uddiyana, Jalandhara and Mulabandha

come involuntarily, know that Kundalini has awakened."

"When the breath stops without any effort, when Kevala Kumbhaka comes by itself without any exertion, know that Kundalini Shakti has become active. When you feel currents of Prana rising up to the Sahasrara, when you experience bliss, when you repeat Om automatically, when there are no thoughts of the world in the mind, know that Kundalini Shakti has awakened."

"When, in your meditation, the eyes become fixed on Trikuti, the middle of the eyebrows, when the Sambhavi Mudra operates, know that Kundalini Shakti has become active. When you feel vibrations of Prana in different parts inside your body, when you experience jerks like the shocks of electricity, know that Kundalini has become active. During meditation when you feel as if there is no body, when your eyelids become closed and do not open in spite of your exertion, when electric-like currents flow up and down the nerves, know that Kundalini has awakened."

"When you meditate, when you get inspiration and insight, when the nature unfolds its secrets to you, all doubts disappear, you understand clearly the meaning of the Vedic texts, know that Kundalini has become active. When your body becomes light like air, when you possess inexhaustible energy for work, know that Kundalini has become active."

"When you get divine intoxication, when you develop power of oration, know that Kundalini has awakened. When you involuntarily perform different Asanas or poses of Yoga without the least pain or fatigue, know that Kundalini has become active. When you compose beautiful sublime hymns and poetry involuntarily, know that Kundalini has become active."

From these symptoms, numerous conclusions can be drawn.

The first conclusion we can draw is that there is indeed evidence of Kundalini phenomena being a tangible and real experience. The mind states and inner bliss associated with Kundalini yoga have been written about by the sages over millennia, and the experience of transformational energy causes higher mind states in meditation that can be viewed objectively as being positive and having similarity among adepts. Furthermore, some of the physical and metaphysical symptoms of Kundalini energy have been reported by people who don't practice meditation- I have read accounts of people in bad car accidents or who otherwise experience head and neck trauma accidentally activating Kundalini energy in the Central Nervous System as a consequence (Here is one example: http://www.kundalini-gateway.org/awaken/a_gloria.html). Many of these people have never meditated in their lives and are not spiritual at all, or are spiritual but have no training in Yoga. I too have suffered head and neck trauma, as well as eye trauma, before I had Kundalini experiences. To be specific, I landed on my head trying to do a back flip on a trampoline, and I messed my neck up doing a side-kick on a heavy bag. Both of these

happened when I was 15 and required me to see a chiropractor for months. Why, then, do people with head or neck trauma experience activation of energy in the CNS and all the signs of Kundalini awakening? This is something I cannot fully answer, but it is worth further discussion. This is subjective, but I personally believe that Kundalini is a fundamental aspect of the human experience, one that is only enabled by karma. This is the only conclusion I can draw.

The second conclusion we can draw is that Kundalini energy and the symptoms of it's awakening are dangerous. Meditation and activating the CNS energy in the spinal cord has life-altering, dramatic consequences. Like anything in life, it has it's negative and positive consequences. Some of these symptoms are physical, some are mental, and some are spiritual. However, many of the negative symptoms simply won't manifest as long as you take care of yourself and your energy- stick with your practices. Branch out and find new methods of practice. Do something creative. Volunteer. Give back the Light you have awakened in yourself. Realize you are a conduit for something greater and positive. When these things are continuously done, you won't experience any of the negative effects of Kundalini, only the positive ones. It is when the energy is left alone that it becomes stagnant. You must always be mindful of the flow of energy in the spine, and treat it like you would a child- with care and respect. The best way to do this is through sadhana (spiritual work), and focusing your attention in meditation.

The third conclusion we can draw is that Kundalini energies are potent and have many far reaching consequences. Some of these symptoms and experiences are paranormal in nature- leaving the body, seeing other places, knowing the thoughts of others, seeing visions, hearing inner sounds, spontaneous psychokinesis, healing others with energy and so on. These are powers called "siddhis". Considering that Kundalini energy and awakening is a deeply personal, and (when practiced with a right mind) deeply spiritual experience, I am not going to discuss siddhis except to say that these abilities are made easier by Kundalini energy. They are not the goal of the practice, and someone seeking only siddhis through spiritual practice is indeed corrupt and will be very lucky to get anywhere. There are more than enough resources on Veritas about developing such abilities if you choose to, but on the path of Kundalini you may find that you just wake up one day, able to do them. You may also lose that ability later. Personally, I think the conclusion here should be that any power in the material world is potentially useful, yet also abusable. The material world is a passing thing. The spiritual world is not. Turn inside yourself in meditation and question the nature of the world around you, and the nature of the higher creative consciousness. You'll see very quickly that the goal is not powers or abilities but self development and evolution. Anyone who cannot see this is not genuine to themselves or others and is essentially confused about the nature of existence and life. Any true spiritual teacher would tell you the same things.

The fourth and final consequence is that Kundalini has a tremendous effect on one's life. Ignoring any negative physical symptoms, which usually come from accidental awakening by untrained people, we see that Kundalini work teaches us to give ourselves up to a higher power. It is a philosophy and training of letting go, stepping out of the way

and letting something greater take over our lives. Does this mean we lose our personality, our Freudian ego, and our individuality? No, absolutely not. What it means is that the positive aspects of our personality are reinforced while the negative ones can fall to the side. Training Kundalini is like polishing a dirty pane of glass in the Mind's Eye- it is only when we begin to get the glass clean, that the Light can shine through. We are still ourselves, but we bring purpose, creativity, immense energy, and wholeness into our life. The negative aspects naturally fall away.

Ultimately, many questions will arise. It is up to the reader to decide if they want to train in these methods or not. However, it is the opinion of the author that this energy and it's awakening is almost entirely positive when approached with the right mind set.

It may be of benefit to readers to see a modern psychological stance on Kundalini awakening, part of which can be found here.

Namaste. (I bow to the light within you)

Appendix

China vs India vs Hermetic Science: Tying it all together

In my research, I have come to understand that awakening spiritual energy is a fundamental rite of passage for the adept regardless of paradigm. The following serves as a comparison and compendium of knowledge about this awakening and how similar different approaches are to each other.

It is variously understood that Hermetic Science was an ancient Egyptian practice that spread from the Egyptians to the Hebrews. In some circles it is even claimed that Hermetics derives from ancient Indo-Iranian mysticism from Mesopotamia, the Sumerians, and Zoroastrianism. Ultimately, there is a lot of missing history here, and the basis of the philosophy can be attributed to Hermes Trismegistus and the Hermetic Corpus. Hermetic Science emerged alongside early Christianity and Gnosticism, and after falling out of favor, survived to the modern day through secret orders such as the Golden Dawn and Rosicrucians.

What is blatantly obvious to anyone who does the research is that methods of metaphysics spread around the world, and independently developed systems influenced each other. This spread is due to the Silk Road leading from West Europe to India and eventually China, the Middle Kingdom. One can only imagine what treatises traveled from the West to India and China and vice versa, and what influence these texts had on the holy men who came in contact with them. It is basically impossible to say which system took what from what other system, but it is probably safe to say that Indian Yoga had a lot of influence over both Hermetics (Qabalah) and Chinese (Daoist and Buddhist) methods.

So, then, in Hermetics there is a practice called the Middle Pillar Rite. In this rite, various Divine names are used to activate the Sephirot on the Middle Pillar of the Tree of Life. This causes a rising of Divine energy from the Earthly Sphere at the feet (malkuth) to the Heavenly Sphere (kether) at the head. This can produce many symptoms in the initiate that are similar to and align with symptoms of Kundalinic awakening as well as Daoist methods of neidan cultivation.

The Hermetic Tree of Life has two pillars, Masculine and Feminine, JAKIN and BOAZ, and a third Middle Pillar between them both. On JAKIN we find three Sephirot (Fruits) and on BOAZ we find three Sephirot. On the Middle Pillar we find five Sephirot with elemental affiliations, from bottom to top- Malkuth (Earth), Yesod (Water), Tiphareth (Fire), Daath (Air), and Kether (Spirit or Ether). Malkuth is between the ankles, Yesod is below the naval, Tiphareth is in the heart, Daath in the throat and Kether at the crown of the head.

Now, obviously, these parallel Qigong and Yoga systems almost directly! When inspected, we see that JAKIN, BOAZ and the Middle Pillar align with the Yogic Ida, Pingala and Sushumna Nadis almost perfectly. The Middle Pillar itself aligns with the spinal column nadi of Sushumna well. The difference is in the double-helix structure of the Yogic Ida and Pingala Nadis, whereas the pillars go straight down. However, both Ida and Pingala, and JAKIN and BOAZ possess Yang and Yin attributes. In Qigong, it could be said that these channels parallel the meridians of Dumei, Renmei and Chongmei quite well, except for the front to back alignment of the meridians as opposed to side by side.

When we look further at the spiritual centers of Chakras, Dantien and Sephirot, we see parallels too. The four highest Sephirot on the Middle Pillar align with the Chakras thusly: Yesod with the Root Chakra, Tiphareth with the Heart Chakra, Daath with the Throat Chakra, and Kether with the Crown Chakra. Additionally, Yesod aligns with the Lower Dantien and both are the element of Water. Tiphareth aligns with the Middle Dantien and both are the element of Fire. And Kether aligns with the Upper Dantien and is the seat of Spirit, which in Chinese thought is also true, as the Upper Dantien is the seat of Shen!

In conclusion, it is undeniable that the parallels between all these mystic traditions, and their similar rites of raising transformational energy to the head, have something in common. Who can say who borrowed what from whom or what the influence of each was? Ultimately, though, we can agree as students of different systems that the fundamental transformational forces harnessed through each are similar and life changing. Whether you practice Qigong, Yoga, or Magic, the paradigms have striking similarity in some ways and marked differences in others. Studying and finding these things out for yourself, trying new methods and being open-minded, we can grow and learn about ourselves and the nature of our systems.

If you wish to see more of this discussion, I refer you to another article on Veritas: The

Middle Pillar Rite

Recommended Books

The Root of Chinese Qigong by Dr. Yang, Jwing-Ming

Qigong: The Secret of Youth - Da Mo's Muscle Tendon Changing and Brain Marrow Washing Classics by Dr. Yang, Jwing-Ming

Lesser Kan and Li by Mantak Chia (take this one with a grain of salt)

Alchemical Taoism.com

Secret Fire: The Relationship between Kundalini, Kabbalah and Alchemy

Swamij's website

Yoga Kundalini Upanishad

Kundalini Rising: Mastering Creative Energies by Barbara Condron

The Bhagavad-Gita

Tao Teh Ching

Thanks and credits

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Rawiri (Yoga section)

Prophecy (Yoga section)

kobok (Consistency editor)

mystic (Neigong section)

This concludes the article.

Ren Dao

Namaste

-Koujiryuu

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Beginning Daoist Qigong

Beginning Daoist Qigong

Originally written 10/24/2004, first version released June 2004

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EX Introduction and Overview

In the name of progress and presentation of the most quality articles possible I present you, the reader, with Beginning Daoist Qigong EX. This is an updated, amended version of the guide, including 46 accompanying pictures/diagrams, written to expand on the original article. I received a lot of feedback on the original from many different people since it was released in July '04, and have considered everything which anyone has ever suggested could make the guide better because I want my articles to have a reputation of being high quality.

The suggestion that resounded the most among the majority of people I've spoken to would undoubtedly be "pictures". They help clarify and reinforce the techniques and postures presented and make learning from a guide like this much easier. Since this was the case, I went through a printed version of the original article and marked off every exact place a diagram or picture would fit with a *, using a pen. After marking it thusly, I tallied the amount of stars (and therein pictures I needed to produce) and came up with 26 stars total. Then began the long process of taking pictures, drawing diagrams, etc. and adding them to the article. When I finished (as certain exercises have more than one picture) I had a total of 46 images. I've taken the liberty of dividing the entire guide roughly in half, as it totalled 1672k (!) on a single page, far too large for the majority of people's connection speeds.

It was my original intention, after writing all the text, to provide pictures for absolutely everything. However, at that time I did not have access to a digital camera, which I now do.

I also added a few more questions and answers to the FAQ. A section on Apophaticism and Kataphaticism was added, taken from an old essay on the subject written by a friend. Finally, I realized also that a training supplement guide might be a worthy addition, and added that as well. It is focused around methods of maintaining the bodies' balance and methods of promoting internal strength outside of qigong.

This shall be the last update of the original guide, which already has a few months of effort behind it; for the most part, now, this brings to a close the first chapter of my writings suitably, and has been a preoccupation of mine for a good part of the last year. It's good to finally bring it to a close, so I may finish the rest of what I feel I must write.

Enjoy.

~Koujiryuu

Original Introduction

Daoist qigong. What is it, what are the theories behind it, and how can it affect the individual holistically? This article is the first in a series concerning how this qigong variant can gradually lead to superb health, physically, mentally, and spiritually. Through a training regime consisting of certain ancient stretching exercises, breathing routines, taiji forms, and energy manipulation, a strong energetic base is built which expands throughout realms. A connection with nature and the infinite is present at all times, and heightened senses eventually develop.

Daoist qigong differs in theory and application compared to the qigong in articles written and posted on other sites in the O.E.C.. While those articles have more of a oriental medicine or Confucian spin, with accompanying theory, this series of articles views qigong differently. It is a bit more esoteric in nature, and will involve more techniques to be applied in the fighting arts and healing spectrums. It also uses a different system of meridians, and focuses much more on regulating the balance between yin and yang. A lot of it aligns with the philosophy of Daoism.

The style of qigong presented here is heavily esoteric, and eventually serves to develop a strong mind/body/spirit connection, and eventually is said to lead to immortality. It is based upon ancient Chinese exercises called 'daoyin' or 'Tao-in', and focuses heavily upon the circulation and recirculation of qi to strengthen the energy body, as opposed to some other styles which focus upon the expending of the life force in order to produce 'powers' of a paranormal nature. If you are looking for ways to gain supernatural/psychic powers, I heavily suggest you take up the study of psionics or 'magic', as opposed to qigong.

This isn't to say that a qigong practitioner can't learn certain methods of applying the qi in order to achieve seemingly superhuman feats- merely that this guide focuses

particularly on spirituality, and thus these types of abilities will be limited in their documentation, and reserved for the latter parts of this guide, after the energy of the practitioner has been strengthened enough to develop such abilities easily, with little risk to the adherent.

This article series is the culmination of 5 years of practice of these methods, study of them, research, trial and error, and experimentation in the 'Online Energy Community' (O.E.C.). I have encountered many, large and small, wizened and foolish, and have learned from all of it; this series can be considered my 'magnum opus', my own masterpiece, given back to the community as a whole, to hopefully help those just starting on the Path, and those who have been traveling it longer than I. A lot of the information here was provided by someone who shall go unnamed by his own request; I simply refer to him as an old friend.

FAQ

Question: "Where/when should I practice these exercises?"

Answer: "It would be best to practice them outdoors, preferably under some trees, near a stream, creek or brook, in the grass. A lot of internal "heat" can be generated by these exercises, especially the microcosmic orbit, so doing them in direct sunlight may be discomforting. The absolute best times to practice qigong are as follows: In the morning, during dawn, when dew is still fresh on the grass; High noon, when the sun is overhead, to develop yang qi; Dusk, as the sun sets; and Midnight, when the moon is overhead, to develop yin qi."

Q: "What should I feel like after the exercises? What are signs to look for telling me I am making a mistake?"

A: "After the exercises, you should feel lighthearted, happy, relaxed, energized, a warm or tingly sensation internally, and generally be in better spirits. Signs of improper practice would be: pain, difficulty breathing, lightheadedness, nausea, cramps, intense internal heat (especially around the lower dantian center), or any discomfort at all. As with any exercise, if you really feel it is necessary, check with a physician beforehand; women, especially, should not practice ANY of these exercises while pregnant or menstrating."

Q: "How long would it take a person to start seeing positive effects from Qigong training?"

A: "Right away! Seriously, these exercises have existed for millenia for good reason, and millions of people doing them around the globe cannot be a simple trend. However, basic control over qi can be gained in as little as 6 months, assuming you practice daily, for a half hour a day."

Q: "Should I do Qigong or Tai Chi if I take medication?"

A: "I took medication myself for bi-polar disorder when I was younger. These medications caused me to literally gain 60 pounds, left me drained and depressed, and did way more harm than good. I am of the opinion that quitting these medications and taking up these practices was one of the best things I ever did; I lost all the weight I put on, and I personally believe my brain was literally rewired by the training. However, like I said above, consult a doctor before making any serious changes like this to your lifestyle; it is not necessary to quit taking any medication to take up Qigong, however in my experience certain psychotropic medications greatly restrict the flow of qi. Your mileage may vary."

Q: "Will doing these exercises make me able to throw fireballs, do beam attacks, fly, etc."

A: "No. So called "radical ki" has been crusaded against by myself and many others over the last five years, and such practices have been proven to be blatantly false; recently, Donjitsu actually fought someone who claimed to be a direct student of MysteryShadow (the originator of RadKi). Donjitsu beat the crap out of this kid, and the person actually tried "ki blasting" Josh, to absolutely no effect. Simply put, go play Street Fighter if you want to do things like that, they have no basis in reality- the lin kong jing ("powerful empty force") ability, which will be detailed in the second article in this series, offers a much more toned down and realistic view on such practices, however. If you actually believe humans can fly, I implore you by all means to go jump off that 12 story building and report to me your results. ;)"

Q: "Someone told me that being angry while doing Qigong greatly enhances the effects you can achieve. Is this true?"

A: "All anger does is stimulate the adrenal system, and get you wired up. Qi only flows smoothly when you are relaxed and calm, and tensing muscles greatly restricts the flow of Qi."

Q: "While practicing ba duan jin for the first time, I noticed numbness, heaviness, sometimes pain in the hands and legs. Is this normal or a sign of something being done wrong?"

A: "This can be normal, and is a result of the powerful exercises inducting qi into the body and moving it around. Even if you aren't consciously focusing on moving qi, it still moves regardless. The pain in the legs can be a result of weak muscles or not being used to the exercises. Continue practicing them, after about 2 weeks these symptoms should disappear."

Q: "Why don't you have a "ki ball" exercise? Are "ki balls" real?"

A: "The ki/psiball is a basic psionic technique to learn how to gain control over energy. In my opinion, and the opinion of many others, this is somewhat of a placebo effect. What you are seeing/feeling isn't really a detached ball in the center of the hands, anime style. Rather, it is a magnification of the human aura around the hands because of the focus there, and when the aura from each hand overlaps itself, it produces a visual "ball" effect. However, in tai chi, there is something similar called a qi pearl, which is a natural byproduct of the form, and rather unrelated, although similar. Basically, I feel that including a ki ball exercise would be redundant, as it puts too much emphasis on one aspect of practice, and detracts from more useful exercises. As 'an old friend' once aptly put it: "100 days of doing the microcosmic orbit is exponentially more beneficial than making 10,000 'ki balls'"."

Q: "I heard that something called jing is more powerful than qi. Is this true?"

A: "Yes and no. Yes, in the context of the martial art taijiquan, with all its myriad applications of jing, where "jing" is defined as a combination of qi, willpower, and body mechanics, similar to Bruce Lee's "explosive power". No, in the sense of making jing balls, doing jing blasts, etc; Nor is jing simply compressed qi. This will be elaborated on later."

Q: "Is Qi visible? How do you open the Third Eye?"

A: "Yes and no. Qi, traditionally, has been described as being invisible, and yes, qi itself is. However, all living matter produces a bioelectric field usually referred to as an aura. This can be seen by most qigong adepts, however it is not qi itself but a manifestation of the qi flow in the organism. The stronger the flow, the brighter, more clear, and larger the aura. The Third Eye is the ajna chakra, located in the center of the brow. This chakra is always open; if chakras weren't open, you'd be dead. Chakras do not have an on/off switch, there exists no technique to instantly allow you to see auras clearly; rather, the chakra must be stimulated and the practitioner must learn how to use it correctly before auras can be seen."

Q: "Who is that in all the pictures!?!?"

A: "That's me, the author, Koujiryuu. Laugh all you want, as long as I don't hear it :)"

Q: "What do you use to make images? What about site design?"

A: "For images, I use a combination of the GIMP 1.2 (windows version, w00t for open source) and Lexmark 5500 Series Photo Editor, which came with my printer, and is a nice little prog for simple resizing and editing. For site design I use Dreamweaver and/or Notepad."

Q: "Why are mostly all the pictures black and white?"

A: "I'm wearing all white in generally dark surroundings. The black and white improves the contrast significantly, ensuring that proper body posture can be easily seen. Oftentimes, martial art books take photos like this for that reason; to say that I'm attempting to emulate a printed source similarly would be correct."

The basic theory, and the ultimate goal

The basic theory surrounding energies in this qigong is as follows, written by an old friend.

...."Qi: I have decided to start my discourse on the topic of Qi. Qi, a concept originally formulated by the Daoists, makes everything in the universe, well, tick. It spins the galaxies, energizes the creatures of the universe, and makes plants grow. It is the very essence of life itself. To have NeiQi is to have life itself."

"How does one get their NeiQi, originally? There are many theories. Most think the Original Qi is received while still in the womb as a fetus. While theoretically not known how, it is thought that fetuses have an amazing ability to act as a cosmic battery, absorbing the very Qi of the universe into itself. Naturally, the Mother provides quite a bit herself."

"NeiQi runs along the human body in a series of meridians. There are twelve medical meridians, largely considered a Confucian, perhaps acupuncturist concept. Then there are the Eight special or Psychic meridians. They are mostly a Daoist concept. Of course, these two systems of lines cross with each other, borrow from each other, etc. [editor's note: Discussed in depth later.]"

"NeiQi is stored in the Dantien. Now there are three Dantien, Original Qi resides in the lower Dantian, post-birth NeiQi (qi gathered through water, qigong, and food) resides in the middle Dantian."

"Your level and amount of neiQi determines your general health. You accumulate neiQi through exercise, eating, sleep, herbs, etc. One method of exercise geared for neiQi cultivation is something known as Qigong, here in the west. There are many qigong forms, types, and lineages. Taiji has qigong properties, for instance. However, there is a raging debate going on for exactly what qigong is. What Chinese critics say is mostly true, many forms and exercises brought from China to here are immediately called qigong, when in fact they have about as many qigong-like properties as Richard Simmons' "sweat you butt off to the oldies", for example. One should always check before you call something qigong, for it is fast becoming dangerous waters."....

...."Jing: NeiQi is free-flowing and nice. It's good for health, meditation, etc. However, when put to use for martial applications, it falls short. However, neiQi can be converted into neijing, for the sharp demands of the Nei-jia. (Internal Martial Arts) Neijing will

hence forth be called jing. Jing is at a higher frequency than qi- it's a lot more powerful. In the words of Waysun Liao, "Your opponent can feel your jing, but not your qi. You can feel your qi, but not your jing."

...."But I digress. Neiqi leads jing, it controls it. Once you can learn how to convert neiqi into jing, [discussed later] you can use it effectively against an opponent. Jing is far beyond the reaches of normal time and space. It's a power called down from the universe itself for use by human beings. Jing's only limit is your own yi. I'll get to that pretty soon."

"I think it was quite wise when a famous Ba-gua master compared jing to a Dragon. If you treat the dragon right, you can unleash it on your opponent, and the dragon will lend you his strength. Treat the dragon wrong, and it'll take a bite out of you. This illustrates the point that jing is not something to be played with, it's a real weapon, and should be treated as you would a knife or even a handgun. However, be careful with it, and it'll be your most powerful weapon."

Furthermore, there are many synonyms for qi that you will encounter, from many different languages and traditions. Almost every human culture has had a word describing an all-pervading, universal life force. Some of them are: Ki, Prana (sanskrit), Orgone, rLung (tibetan), orenda (Native American, Iroquois), energy, life force, magickal current, ruach (hebrew), the Light, Holy Spirit (christian), spiritus (roman), Pnuema (Greek) and psi.

The ultimate goal of this art and this guide is to develop a universal link with energy, and a feeling of strength in body, mind and spirit. The practitioner, through the presented exercises, goes from being just a person controlled by forces to a person in tune with and above these forces- at peace with his environment, where ever he happens to be.

Exercise 1: The basic standing fundamentals and pumping qi

This is an exercise to allow you to feel your qi for the first time. It can be done further on as an exercise to energize oneself quickly. This exercise will also start to develop the state of mind in which qi is to be cultivated...

Stand up with your feet shoulder-width apart. Now, bend at the knees a little bit as if you were sitting on top of a ball supporting your hamstrings and resting on the backs of your calves. Keep the back upright and straight. Stand mostly on the outer edge of your feet, so the instep is slightly raised off of the ground. Having your feet in such a manner promotes upward flow of Qi easily and freely. Push your tongue against the upper palate. Make sure the anus is squeezed shut- while uncomfortable at first, it quickly becomes natural. This further supports the qi flow and will make the microcosmic orbit easier later on.

Holding your hands at your sides, keep them relaxed and loose, and swing them forward and backward. Focus on the Dantian, a spot 3 inches below the naval and one inch in. Repeat swinging the arms back and forth, and stop after about 50 repetitions. Look at your hands- you will note them feeling warm, and possibly find your body tingly and energized. Your hands may also appear to be red with patchy white spots. This is a normal reaction of any energy work. Remember this feeling! You will soon learn to be in control of it.

Buddhist breathing

Right now, you want to train your qi to follow the mind. However, one of the translations of "qi" is breath. Therefore, it could be said that qi following breath is a mechanism developed to draw in and promote qi flow. This way of breathing is a way of training the mind to be more in tune with the body and it's surroundings, and to allow qi to flow through the body fully.

Buddhist breathing draws qi down into the dantian. It is done as follows: As you breathe in deeply for 5 seconds, push your stomach out at the end of the inhalation. Hold for a second or two. On exhalation, simply exhale for about 5 seconds. Breathing should be clear and slow, with no noise heard in the nostrils.

Breathing should always be smooth, consistent, and natural. No hissing or noise should be heard; the breath should be totally silent.

This meditation should always be the one you do before any of the more advanced meditations. It helps to figuratively "warm up the body" to the energy flow.

Exercise 2: Dantian meditation and meditation fundamentals

A time ago, I remember someone saying:

"100 days straight of dantian meditation is said to increase the qi flow considerably."

The Dantian spot, as talked about above, holds great significance. Sometimes called "cinnabar fields" or "elixir fields", these are areas on the body that correspond with the 2nd, 4th, and 6th chakras. The meditation is simple:

Seiza Position (Japanese traditional sit)

Relax, sitting down either cross-legged, in seiza, or maybe the lotus position. Seiza is the Japanese traditional sit, and is done by placing the calves underneath the body and sitting on the shins, while resting the buttocks on the calves. Squeeze the anus shut, to straighten the back as in the exercise above. Fix your attention on the lowest dantian- see it, feel it, be it. Extend your awareness from the dantian beyond to your legs, and using intention (yi), call qi up from below you into that area. Soon you shall feel immersed in qi, as the flow throughout your body strengthens. The fine hairs on the arms and neck might stand on end, the hands and feet may warm up or chill, and you will feel rooted in the ground, much like a tree.

That new term: yi!

Yi, or I (pronounced "ee" either way), is a concept that is rather hard to translate into English, in the same way that Qi or Jing is. It's a unique concept, and has no English equivalent word. Yi is often explained as being intention or willpower; it is much more than that. Yi is an equal combination of willpower, intention, focus, concentration, physical movement, and doubtlessness. That is the complex part of Yi- you must do all of these things at once for the best effect!

Willpower is strength of mind and determination. Intention is determination to do a specific act in a specific manner. Focus is putting your attention on a certain thing. Concentration is a closed or fixed attention. Physical movement, though not always needed, is moving in a prescribed manner that supports the qi flow. Doubtlessness is having total confidence that what you want to happen will happen. All these things together make up Yi. At an intermediate level, Yi becomes unconscious, to the point that you simply have internal control over your energy- it becomes as easy as lifting your arm or turning your head. At an even more advanced level, Yi is refined to the point that the energy just moves without you noticing it. At the level of a master, there is no Yi! Whatever happens, happens beyond conscious thought. This is referred to as wuwei (non-doing, Chinese), or mushin (No-mind, Japanese).

Yi exists in many more expressions than we realize. It can be much more than just the combination of the above ideas; the above ideas can be elaborated on and refined. They are simply the base ideas to facilitate development and control of internal energetic power.

One such expression that is oft-overlooked is the power of prayer. Most practicing Muslims turn towards the holy city of Mecca and pray at scheduled times five times a day. That is an enormous amount of focus and concentration! Prayer can often times be more specific and broad compared to qigong, as well- you really can't ask qi to protect you, give you good luck, or help you find love- but you can ask your personal deity, God, or higher force to.

Note that Yi, most simply, means "intention"- that does not include visualization! You can

visualize all you want, and most of the time it simply ends up getting in the way. By focusing during meditation and energy work sessions, an individual learns how to focus qi to an area of their body simply by focusing on it; the energy isn't felt coming through the body, it seemingly appears there. When you are this rooted and in line with the qi around you, it becomes a simple task to move qi.

Exercise 3: Bringing the Qi to the hands: Ki-cho-jaki

This technique comes from Jung Oh Lee, a Korean Kuk Sool Won master. 'Ki' in this context refers to the definition for qi presented up above.

...."Lee explains that some indications of correct nei gong (internal work) are sensory feelings, often experienced during meditation. They include sensations of internal heat, warmth moving down the legs, or an itching feeling that makes the fine hairs on arms and legs stand on end."

"As the ki flows smoothly, the body becomes warm. As the ki flows out into the hands, the hands get warm. Relaxation is a must, since any tenseness in the shoulders, arms, or wrists prevents ki from flowing into the hands. All types of ki training should be pleasant experiences, done without forcing oneself. It is a discipline, but a pleasant one.

...."Ki-cho-jaki are standing exercises that have kuk sool stylists spreading and contracting the fingers, while they inhale and exhale with deep abdominal breathing. First they draw in a lung full of air. Then they ki-ap letting out about a third of the inhaled air. The rest of the air is held for seven seconds, then released. It takes approximately seven seconds for ki to make a complete orbit through the body."

"Fingers spread apart, starting with the yelled ki-ap, and do not relax until releasing the balance of the air. The theory is that opening the fingers connects all 687 pressure points on the body. Not only does ki-cho-jaki help strengthen the ki, it also physically strengthens the fingers [editor's note: as for Eagle Claw kung fu]. Ki-cho-jaki is done for 5 minutes a day." -Blackbelt Magazine back issue

Starting Position

Inhale Deeply!

Exhale a third of the air, kiai, open the fingers up widely, and exhale the remaining air.

Kataphaticism and Apophaticism

Kataphaticism and Apophaticism are two different paradigms or philosophical divisions within Qigong that have existed for millennia, and still exist now. I feel it is useful to understand the differences between each in order to understand your own motives for practice. With that said, here's some elaboration:

"As far as I've noticed and observed, this community now consists of basically two types of practitioners, people who indulge in Kataphatic (filling) and Apophatic (emptying, circulating, refining) practices. This same split exists in Daoism, between the Blackhats (apophatic) and the Redhats. (kataphatic) Let's go into this a little deeper, shall we?
History

Apophaticism is the tradition I subscribe to, it is somewhat rare in this community. Since the very beginnings of Huangdi and his Neijing Suwen, the practices of qi cultivation outwardly appeared to have no distinctions between Kataphatics and Apophatics- this was because no large role was played in manipulating qi just yet. But as we get to the Three Kingdoms Period, and especially in the much later Qing Dynasty, we do see two forces at work. However, I would place the very origins of this way back to the Qin Dynasty, and the Court Magicians, or Fangshi."

"Fangshi has also been translated as "Perscription Masters", and they were lots of them in the Qin Dynasty, mainly because the emperor at the time, Qin Shi Huangdi, (no relation to the writer of the Neijing Suwen) was very concerned with the attainment of Immortality. So he gathered lots of these Fangshi together to divine the secrets of Immortality."

"Fangshi magicians go back to the very beginnings of Chinese society with the Shaman folk beliefs. These Shamans had great powers and organized ritual, that often verged on the a romantic relationship between Shaman/Shamaness and Spirit. Consider this old Shamanic song from the Daoist Canon, or Daozang:"

"Shamaness: You hesitate and do not come to me,
what is it that keeps you from leaving your island?
Lord of The River: I am attractive and beautiful,
I come to you in my cinnamon bark canoe.
I glide softly on the waters without a ripple.
For I have asked the spirits of the water to be still.
S: I long for you and yet you do not come.
Sadly I play my flute.
Whom do I think of but you?
L: I fly north on my dragon,
Then I turn toward Dongting lake.
My boat is decorated with care:

The hull is lined with sweet clover,
The sails are made of fig leaves;
The oars are made of iris stems;
And I have orchids for my banners.
Gazing at the sea strand in the distance,
I step across the great river and show my magical powers.
S: You show your power but you do not come.
My attendants are crying for my sake.
Tears run freely down my cheeks,
And I am sick with longing for you."

"By the late Shang/Early Zhou dynasties we see the dissolution of the Shaman, and the rise of the Fangshi, who knows the secrets of Immortality and is the precursor for the Daoists. However, they are not Daoists, because they lack any concept of Dao and emptiness, and instead seek to fill, as opposed to Daoists, who seek to empty. They are by their nature Kataphatic."

"With the revelations of Laozi's philosophy, however, we see the rebirth of the magician as the Blackhat Daoist, who does only good with his sorcery and his ultimate goal is emptiness and stillness, and to unite all with Dao. The Kataphatic sorcerer continues to exist in the form of the Redhats, who are less organized, and sometimes are even evil in the uses (or abuses) of their powers, and only seek to cure and fill, lacking the crucial concept of Dao. However, both Redhat and Blackhat possess great powers, the only difference being in the ways they use it. Blackhats are by nature Apophatic."

"As Daoism as a whole, and Daoist Qi practices grow, Daoist Qigong and the Neijia are dominated by Apophatic principles, rarely ever straying to Kataphatic cultivation, since this form has been known to shorten, rather than prolong human life because of the great lengths gone to "Pull in" energy."

"Apophaticism and Kataphaticism in the Present Community

Both of these traditions of Qi cultivation are present in this community as of now. In fact, one of the main sites to set off this revolution, Mystery's, (editor: The Official Martial Art Ki Site run by one MysteryShadow in past days) is blatantly Kataphatic in its practices. As such, Kataphatics are the majority here, more Apophatic folks such as myself being in the minority. Let's list some of the major differences:"

Apophaticism

Practices:

Apophatic Qigong

Qi Circulation

Neidan

Effects:

Health

Balance

Mental Peace

Longevity

Kataphaticism

Practices:

Ki Balls

Drawing Ki

KaioKen

General Filling Practices

Effects:

Power

Health (short-lived)

Possible Loss of Longevity

Possible Mental Imbalances"

These two traditions exist to an extent nowadays in the O.E.C. when you look at certain sites which emphasize "psionics" with a focus on power. Not naming any names, anyone who frequents these communities likely realizes that Kataphaticism is very present among some of them.

Alright, now we've done some basic exercises to show you how to meditate, and how to extend qi out to the hands. Sadly, though, not much can be done with the qi after this point, so now we've have to set to work lowering the qi, through 2 different exercises.

Exercise 4: Yoseido: 8 Curious Meridian Stretching Exercises

These are a set of Japanese exercises developed to strengthen, tonify, and warm up the 8 meridians. Consider this: When playing a sport, what is the first thing you are taught to do? Stretch. Why should qigong be any different? For this exercise, you'll need to learn and memorize this meridian chart.

Here's a description for the chart.

The Eight Meridians (mei means channel)

Dumei: Beginning at the perineum and rising up the back along the center line of the body, this channel rises over the scalp and down the forehead and ends at the upper palate of the mouth. English reference: governor channel.

Renmei: From the tip of the tongue, this channel descends along the center line of the front of the body to the back of the perineum. English reference: conception channel.

Chongmei: This channel rises vertically from the perineum to the top of the head connecting the three dantians. English reference: through-going channel.

Daimei: This meridian encircles the waist like a belt. English reference: belt channel.

Yangyumei: From a point on the dumei these channels travel bilaterally along the back of each arm, around the tip of the middle fingers, along the inside of the middle fingers to the point laogong. English reference: Outer-arm channel.

Yinyumei: From the laogong point of the palm, these meridians travel along the inside of each arm, curve across the pectoral muscles, descend through the nipples, and connect with the renmei. English reference: Inner-arm channel

Yangqiaomei: These meridians begin at the perineum and emerge onto the front of each leg. They descend the front of a leg to the point known as yongquan. English reference: Outer-leg channel

Yinqiaomei: From the soles of the feet, these two meridians rise up the inside surface of each foot, loop around the ankles, and ascend the inner thighs back to the perineum. English reference: Inner-leg channel.

Junction points

Niyuan: This point is on the top of the head in the very middle. It is the upper junction point for the chongmei with the dumei.

Laogong: This point is on each palm, where your middle finger touches your palm. This

is where qi is emitted or drawn in.

Shenque: This point is the navel and is the junction for the renmei and daimei.

Yongquan: This point is on the sole of each foot. It is along a line between the middle toe and the heel, and is about two-thirds of the way forward from the heel. In martial arts, qi can be emitted in kicks out of these points.

Now then, here are the actual stretches. Not only do they work on the meridians, but on the muscles as well. Mastery of these stretches will lead to great flexibility.

Dumei: Lying on your back, take hold of the soles of your feet, and gently rock on your back, letting your spine roll against the floor. It is important to keep your neck soft and long, and not let your chin stick out. All the effort comes from the lower abdomen. The movement can start from the coccyx and go up to the first dorsals, avoiding the cervicals of the neck because they are much more delicate. Breathe normally during this exercise.

Renmei: Lie on your stomach and take hold of your feet, rolling forwards and backwards gently on your stomach, rocking along the centre, and breathing normally. If you can't reach your feet with your hands, then imagine you are holding them.

Chongmei: Sitting, place one foot on the thigh of the other leg, and stretch forward to hold the other, extended foot with both hands. With an inhalation, and the back held straight, draw your body closer to the extended foot. Repeat this exercise five or six times on both legs.

Daimei: Sit with your legs wide, and place one hand on your hip and the other fairly high along your rib cage. With an inhalation, lean towards the side where you are holding the hip. Repeat the exercise five or six times on each side, and then hold your hands on both hips and make circles with your body from the base of your spine, thirty times in each direction.

Yangyumei: Open your legs as wide as you can. Place your hands on the floor in front of you. Slide your hands slowly forward and with a straight back, let your body go forward. Inhale as you go towards the floor. You should stop when you feel it interferes with your breathing.

Yinyumei: Sitting, fold your right foot onto the top of the left thigh, holding the foot in place with your right hand stretched across your back. Reach forward, keeping the spine straight, and with your left hand take hold of your left foot with your thumb and fingers. If you cannot reach your right foot with your right hand behind the back, it's okay. As you can see from the picture, I couldn't either ^_^ - however, if you keep up the exercises frequently you should be able to hold it eventually. Until you can, simply reach as far as possible.

Yangqiaomei: Hold the big toe with the thumb and first fingers of the corresponding hand. Lift one leg and stretch it towards the outside, and follow it with your eyes, keeping the other leg firmly on the ground. Inhale as you lengthen your leg and exhale as you return your leg to the center. Then repeat with the other leg.

Yinqiaomei: Sit in the Seiza position, as shown, with one leg bent back and close to your body, along the thigh. Take hold of the other foot with both hands and lift it up, keeping the leg straight. Inhale as you draw it towards your chest. Repeat five or six times and then do the same with the other leg.

These 8 stretches should ideally be done before any qigong practice.

Exercise 5: Baduanjin (reeling silk stretching) postures

Baduanjin are a series of zhan zhuang (literally, 'standing on stake', as these exercises used to be done while standing atop plumflower posts) exercises known for the ability to sink the qi into the dantian for more practical use as a form of energy known as neijing, henceforth referred to as jing. Baduanjin exercises are very potent, and are an Ancient practice of the shaolin and wudang monks, dating from about 900 a.d.

Wu qi

Start by doing the standing exercises for five minutes a day. After three weeks, increase this to ten minutes, three weeks later, increase to 15 minutes and 20 minutes after a further three weeks. Stand with your feet a shoulder width apart, toes pointing forward, either parallel, or turned slightly outward; unlock your knees. Let your hands hang

loosely by your sides and drop your shoulders. Imagine that, like a puppet, your whole body is hanging, suspended from your head. A string holds your head from a point at the top of your skull, directly in line with the tips of your ears. Feel yourself sinking down, relaxing, as you hang from the string. Breathe calmly and naturally through the nose. Stand quietly, allowing your whole system to calm down, for up to five minutes. As you do this, mentally follow through the points on the illustration, starting at the top of your head. Your eyes look forward and slightly downward; drop your chin so that your throat is not pushed forward. Release any tension in your neck. Relax your hips and belly. Let the bottom of your spine unfold downward so that neither your belly nor your bottom is sticking out. The dantien lies 3-6 inches below your navel, one third of the way into your body. It is in line with the suspension point at the top of your head. From below your kneecaps, your roots extend downward. From your knees upward you rise like a tree, resting calmly between the earth and the sky. Your weight is evenly distributed between your left and right feet. These roots sink deep into the earth. The weight of your body rests in the middle of the soles of your feet. Return to these points again and again until you are able to assume the Wu Qi position naturally and perfectly.

a. Supporting the sky with both hands

Begin in the Wu Qi or Starting Position.

Breathing in through the nostrils, slowly raise your hands above your head, as if you are pushing upwards at the very borders of the sky. The movement of the arms should be circular in nature. Pause when your hands are above your head, holding the breath for 1 second, before exhaling out of the mouth and returning the hands to the starting position.

After you have trained for some time, you can try this: As you begin to press upward with your hands, slowly rise up on your toes so that you complete the full extension of your arms and legs at the same time. Repeat for a total of 9 times.

b. Drawing a bow to each side

This exercise has been variously referred to as 'shooting an eagle' or 'shaolin archer'.

Holding the Balloon (front)

Holding the Balloon (side)

From the Wu qi position bend the elbows and lift the arms up so the palms face your chest, as you inhale through the nostrils. Visualise yourself holding a balloon in front of

your chest (Holding the Balloon). Turn the left palm out to the left with fingers pointing up. Turn your head left too, as you exhale. Imagine the left arm is pushing against a wooden part of an archer's bow. Imagine the right fingers are curled around the bows string. As you breath out pull the imaginary string to the right and push out with the left palm to the left. Breathe in and bring the palm back in front of the chest. Repeat the exercise to the right. Repeat for each side 9 times.

Regardless of the images provided, this remains a difficult exercise to do the motion for properly. To make things more clear, here is a video clip of KakudoTora from pathoftheancient.net, my former student, performing this exercise.

c. Splitting heaven and earth

This exercise is easy, although very potent. Start in the wu qi position.

On inhale (once again, through the nose, using the buddhist breathing method), bring the hands up to the holding the balloon position. As you exhale out of the mouth, push upwards with the right hand, towards the sky, while simultaneously pushing downwards, towards the earth, with the left hand. Both arms should reach a full extension concurrently.

On inhale, do the same as above, except switch the arms that are pushing, so the left hand rises to the sky while the right hand pushes downwards towards the earth. Repeat 9 times for each side.

After one year, you may add this: After you extend your palms fully, leave your hands in that position, breathe out, and imagine you're using 20% of your power to press apart two huge blocks of stone. As you do so, twist slightly to the side with your hand facing down, and breathe out. Keeping your hands extended, relax and breathe in. Then, on the next breathe out imagine you are using 40% of your power, and twist a little more. continue the exercise increasing your twist each time and using 20, 60, 70, 80, 90, and 100 percent of your power each time you breathe out, increasing your twist each time until you are turned fully to the side. After that, slowly unwind as you breathe in. Change sides and repeat.

d. Monk Gazes at the Moon

Also called 'looking back like a cow'. Do NOT perform this exercise while pregnant.

From the wu qi position breathe in and raise your hands to chest level, palms facing you.

Turn your entire upper body from your hips, to the left. Breathe out as you move, and turn your palms outward as if pushing a large beach ball away from you. Turn as far as your hips will allow comfortably, and finish breathing out. Pause for one second. Make sure your hands are still opposite the front of your chest and not skewed sideways by excessive twisting of your upper back and shoulders. Turn back toward the front as you breathe in. As you move, turn your hands back inward to their original position, embracing the invisible balloon between your arms and chest. Relax and stay in this position, pause for one second as you finish breathing in. Turn to the right, performing the same twist. Repeat 9 times for each side.

e. Lowering the head and hips

As you inhale, bend sideways at the hips to the right while raising the left hand overhead, until the palm is parallel to the sky. Let the right hand hang loosely at your side. Exhale, and return to the neutral position. Repeat the same motion for the other side of the body. Repeat for a total of 9 times.

f. Touch the feet with both hands

As you inhale, breathe in and raise your arms to your sides, palms facing down, parallel to the ground. Breathe out, and move your hands out in front of your head, at the same level, and crouch down and touch your feet. Hold this for 3 seconds, before returning to the starting position. Repeat 9 times.

g. Clenching the fists

This exercise should be VERY familiar to anyone who has ever studied the art of Karate. It is basically alternate punching from a very narrow horse stance.

Start in wu qi. As you inhale, chamber your fists upside down at your sides. Exhale, and *slowly* punch outwards with the right hand. Inhale again, returning the arm to the chambered position, and then proceed to exhale while punching with the left hand. Repeat 9 times, each side.

h. Shaking the body

Starting in the Wu qi position, lower yourself slightly by bending your knees. Rest the backs of your hands on the flesh just above your hip bones on either side of your lower back. Shake your whole body by bouncing gently up and down from your knees. Your feet stay flat on the ground. Make sure your shoulders and elbows are completely relaxed so that their weight rests on the backs of your hands. You will feel your hands pleasantly massaging your lower back. On each bounce, breathe out through your nose in little bursts, until you have exhaled completely. Keep bouncing as you inhale smoothly. Repeat for 9 breaths.

The meaning of 9

In many eastern esoteric practices, you often see exercises being done in repetitions of 9, or a multiple thereof (27 usually). A lot of people are probably wondering why.

In eastern thought, the number 9 holds a special significance. The character 'ten', while representing the numeral '10', is also the same character for 'heaven'. 9, therefore, is seen as being the 'last step before heaven'. It is also the last single digit numeral. Make of this what you will.

Exercise 6: Pushing Water training

Pushing water was originally a taijiquan (tai c'hi c'huan) exercise for developing explosive power, or jing. The basic movement is as follows:

Start in a 'wu qi' position. Breathe in through the nose while bending at the knees and raising the arms up, palms facing the ground, until they are parallel to the ground. Exhale, and as you do, rise up and lower the arms until you return to the starting position. While you do this, the qi should be brought out to the hands from the lower dantian consciously, by focusing the yi on the center of the palms. Repeat 27 times.

For the next part, you will need two small buckets with handles. Fill them both up almost all the way with water. Now, do the exercise above, holding on to the buckets loosely, with the goal being to not spill any of the water. Quite difficult, isn't it?

After doing the exercise this way for 3 weeks, move up from water to sand. After 6

weeks with sand, move up to small pebbles.

As you can see, this exercise makes use of lifting weight to strengthen the qi flow, and almost all of the bodies' muscles.

These exercises are a means of producing more usable internal power to be compounded into you through the Lower Dantian.

At this point...

At this point, from the prior training, one should be able to feel the qi flow in the dantian by merely focusing on it. It should not be difficult to move qi around the body at will, either. If you are having trouble doing either of these, please refrain from continuing until you can- stick with the prior exercises for the time being.

Daoist breathing

If buddhist breathing is the yang of breathing techniques, daoist breathing would be the yin. While buddhist style breathing is good for drawing in qi and stimulating the lower dantian, it falls short when one wants to apply the energy. This is remedied through daoist breathing, which is the reverse of buddhist breathing.

Breath in through the nose, while *sucking in* the stomach/diaphragm, and exhale through the open mouth while pushing the stomach back out. This helps to draw qi out of the dantian, and this style of breathing should be used when doing any kind of qi manipulation. Simple as that.

Exercise 7: Xing Zhoudien sitting meditation

Now we move from training the body and mind to refining the spirit.

a. The Exercise

'Xing zhoudien' translates to 'microcosmic orbit'. This is a very powerful, very ancient meditative exercise that is very powerful and beneficial to the practitioner. Essentially, inside our bodies exists the universe on a small scale (the microcosm). By rotating this universe through energy work, the system as a whole is strengthened. In the author's opinion, if you don't know this exercise and practice it regularly, you don't know qigong. This exercise also clears out and balances the system immensely, as Dumei and Renmei govern yin and yang respectively. When these two meridians are healthy, the rest are as well as a result.

From "Scholar Warrior: An Introduction to the Tao in everyday life" by Deng Dao-Meng...courtesy of an old "friend"...

The Microcosmic orbit is both subtle and grand, overt and yet covert, practical, yet incredibly esoteric. As in most Daoist related things, it is a union of paradoxes ;) Anyway, on a coarse level, it is an exercise to promote health and longevity, as well as refine one's level of qi manipulation. If practiced for 100 days, or so the Daoists say, the foundation for Longevity and Immortality are set, and manipulation of qi has increase substantially. It also acts as an excellent prep for meditation, as well as being a meditation in of itself. The exercise itself is deceptively simple. It is, basically, passing qi up and the du and down the ren channels, which are considered to be fairly important meridians, as they govern yang and yin respectively. When both these meridians are functioning and healthy, all the others are healthy as a result. The basic practice is this:

1. Get into whatever sitting or standing position you find comfortable, you can sit in seiza or in a full or half lotus, or just do it standing up.
2. Close and lift the anus. This will be awkward and uncomfortable at first, but after a while it'll become second nature.
3. Focus the eyes on the tip of the nose, then fully or partially close your eyelids.
4. Put your hands in a mudra you find comfortable. Some of my favorites are the fists, balled up and sitting on the knees, or making one hand into a fist and resting it in the palm of the other.
5. If possible, elevate your buttocks (if you are sitting) to encourage a straight spine. That won't be requisite if you are in seiza.
6. Relax for a moment, begin to focus on your breathing. Note- the breathing for the microcosmic orbit will be reversed breathing, also called Daoist breathing. That is, as you breathe in you will also pull in your stomach, as you let out air you will allow your stomach to go back. This is done to encourage the qi to flow out of the dantian.
7. Breath in, visualizing the qi rising up the du channel. (du channel runs from the perenium, up the spine, over the head and ends on the upper palate)
8. As you finish breathing in, the qi should be at the "Hundreds' meeting place" or the top of the skull, exactly in the middle.
9. Begin exhaling, and let the qi fall down the reminder of the du channel. As the qi comes to the upper palate, take your tongue and pass the qi from your upper palate to the bottom of your mouth, where the qi enters the ren channel. (the ren channel runs from the bottom of your mouth, to right back at the perineum)
10. Keep exhaling until the qi arrives at the perineum, where it began.

11. Repeat four times further. (when you think you are ready, you can increase the number, to about a maximum of ten or so.)

12. When done, be sure to stretch out and limber up. Before you get up, swallow the saliva that accumulated during meditation, visualizing it as a gold liquid falling into the sea of the dantian. Daoists call this Jade Nectar, and they believe to be very beneficial, like a piece of gold left over from an alchemical firing process.

b. The Great Work

From the ancient Daoist text, 'The Secret of the Golden Flower':

"There is a true secret about starting practice. The operation is different for men and women; men begin practice with the attention in the lower abdomen, just below the navel. Women start work with the attention between the breasts. After midnight and before noon, settle the breathing and sit. Tune the breath so that it is even. Sit with unified attention on the object of meditation. With pure attention in the center, a unified energy flows, thus pressing tightly on the midspine, and going on through the brain. At this time the positive energy goes all the way to heaven in the form of a fiercely blazing fire, like a flaming wind. Then the Spirit must be allowed to dive down into the abdomen (solar plexus). The energy then unites with Spirit, and Spirit unites with the energy. The work of the circulation of the Light depends entirely on the backward flowing movement, so that the thoughts are gathered together in the place of the heavenly heart. If you can be absolutely quiet then the heavenly heart will spontaneously manifest itself (between the eyes). The Light is easy to move, but difficult to fix. If it is made to circulate long enough, then it crystallizes itself; this natural Spirit-body is formed beyond the nine heavens. If you work diligently, when that one point of energy returns of itself and sinks into the body, it turns into year-round spring. This is the method of starting the Work. In time, the primal Spirit transforms itself in the dwelling of life into the true energy. At that time, the method of turning the millwheel must be applied, in order to distill it so that it becomes the Elixir of Life. The Elixir is created through melting and mixing; that is, through moving the Light to dissolve the anima, and fixing the Light to complete the animus. This is the method of the concentrated Work. When the Life Elixir Pearl is finished, the embryo (Light-Spirit) can be formed; then the Work must be directed to the warming and nourishing of the spiritual embryo. This is the method of finishing the Work. When the energy-body of the child is fully formed, the Work must be so directed that the embryo is born and returns to emptiness. You must perceive that there is a form within nothingness, you must see the original human being in person. This is the method of ending the Work. To refine oneself thoroughly and have autonomy, one must take the positive energy of heaven and earth day after day, and concentrate to clear the mind, before the effects of the practice will be experienced. It may take several months; the length of time depends only on the depth of one's Work. Once the elixir is crystallized, the vitality, energy, and spirit in the body become completely stabilized. It is possible to extend life in this way, but this is not yet immortality."

"Every morning before sunrise still your mind and sit quietly, waiting for the sun in a state

of empty openness. All at once you will forget about the universe and break through space. Then a point of positive energy, like a drop of dew, like lightning, will spontaneously appear in the great void and enter your belly, passing into the spine and rising up to the center of the brain; there it will turn into sweet rain and shower the inner organs. Then you should cause this energy to circulate throughout your body, cleaning it out and burning away pollution, to change your body into a mass of pure light. After a long period of development, your body will transform and become immortal. If you practice refinement according to the right method for one hundred days then your earthly soul will lose its form, the parasites that sap your vitality, energy and Spirit will disappear without a trace, the senses will submerge into hibernation, and demons will flee. If you carry out this refinement for a thousand days, your whole body will become like a crystal tower, clear inside and out; the flower of your mind will be radiant, and a spiritual Light will become manifest. Whether to remain in existence or pass away is up to you; you may leave or enter without obstruction. Some remain physically in the world, some shed their bodies and ascend to Immortality."

Exercise 8: Standing Heavenly Orbit

This is a standing implementation of the microcosmic orbit, for the times when you feel you would rather do this than the sitting meditation. The sitting version is inherently more powerful and potent; however, this is included for completeness' sake.

This technique is different from the standard microcosmic orbit as there is physical movement, and as the qi goes through a greater portion of the body. It is not meant as a replacement for the microcosmic orbit; it is supplemental. It isn't for everybody; if you haven't tried the standard microcosmic orbit, I highly suggest you do so first. To even be able to do this technique properly, you have to be able to do the standard microcosmic orbit.

a. The Technique

Stand with your legs shoulder width apart. You might want to do lifting the sky or pushing water a few times; this is optional, though it helps to warm up the meridians.

This exercise should be done with the tongue touching the upper palate, and the anus squeezed shut, to keep the back in proper alignment and to ease the flow of qi.

Bend over forwards at the waist. Put your middle fingers on the inside of your feet, near the heel. Inhaling, guide the qi up the inside of your legs to the coccyx while simultaneously straightening the body. Now move your fingers around the belt meridian to the back, and guide the qi up the governor meridian to the top of the head (you might have to switch your hands over your shoulders bring it to the top of the head). This should all be done on ONE breath! It's a lot easier than it sounds, after you do it a few times it gets a lot easier to do.

On exhalation, using the thumbs, guide the qi from the top of the head down the conception meridian, down the outside of the legs and out the feet.

Repeat nine times.

Don't swallow the saliva that accumulates during the process. Save it up, and when you finish the nine repetitions, envision the saliva being a golden liquid. Daoists refer to this as the "jade nectar"- a beneficial byproduct of the microcosmic orbit. Swallow it all at once, and envision it spreading out from your stomach and energizing you with a golden light.

Novice Training Schedule

The following is a progressive, cumulative training schedule, designed for the complete novice to use over the period of one (1) year, to build up enough qi to manipulate freely. It is intended for the complete beginner at qigong, and gradually introduces the techniques described in this article to the student who wishes to "lay the foundation" for the metaphorical "house" of immortality.

Week 1

Nothing but pumping qi, to get a good feel for it.

Weeks 2 and 3

Pumping Qi
Dantian Meditation

Week 4 and 5

Dantian meditation
Ki-cho-jaki

Week 6

Dantian meditation
Ki-cho-jaki
Yoseido

Week 7 and 8

Dantian meditation

Yoseido
Baduanjin

Month 3 and 4

Dantian Meditation
Yoseido
Baduanjin
Pushing Water

Month 5

Yoseido
Baduanjin
Pushing Water

Month 6

Yoseido
Baduanjin
Xing Zhoudien

Month 6-10

Yoseido
Baduanjin
Xing Zhoudien
Standing Heavenly Orbit

Month 11

Baduanjin
Standing Heavenly Orbit

Month 12

Dantian meditation
Xing Zhoudien
(to prepare for the exercises in the intermediate article.)

Training Supplements

Qigong, in itself, is an art of self-healing and rigorous training; what is usually talked about little is the concept that certain things can enhance your qigong practice considerably, outside of qigong itself. Just as a body builder crosstrains and drinks

protein shakes, so can an internal stylist augment his qi through methods other than qigong.

Here, then, is a short section detailing a couple different qigong "supplements" that are widely used and highly praised for the effects they bring.

Tea

"Firstly, I'll talk about tea. Tea is a great drink for cleaning out the system and ensuring proper qi flow; certain types of qi work on different meridians, clearing out and cleaning the subtle bodies' inner workings."

"Tea contains a chemical called epigallocatechin gallate (EGCG) that binds to the enzyme urokinase, preventing it from stimulating tumor growth. The Journal of the National Cancer Institute has published articles on the cancer-preventive effects of green tea."

"Researchers believe that tea lowers cholesterol because EGCG combines with bile salts and cholesterol to form an insoluble precipitate."

"There are more chapters on tea in the Chinese Herbal Material Medica (Ben Cao) than on any other herb, including ginseng."

"A cup of drip coffee contains approximately 100 mg caffeine, black tea: 50 mg caffeine, green tea: 20 mg caffeine, bancha tea 0 mg caffeine. (Nevertheless, if you have cardiac arrhythmia, are taking MAO inhibitor drugs, or have any medical condition for which caffeine is forbidden, you must, sadly, avoid even green tea.)"

"Taoist and Buddhist Monks drink tea because it clears and refreshes the mind. If you are anxious or stressed, drink some tea and contemplate the beauty of nature, Drinking tea is meditation."

Green tea, by far, is the most beneficial tea to drink. It has many, many health benefits, and works on the lung, spleen, and stomach meridians (Oriental Medicine - 12 meridian system). It can also be purchased just about anywhere quite cheaply. However, there are many more teas that are equally beneficial, some of which are available for purchase here. A big part of becoming a tea drinker lies in drinking tea that you like- once you find one that you enjoy, stock up on it.

The Baoding

Baoding are small, heavy metal balls that used to be made out of solid stone or iron. They are named after the village in China of the same name that they originated in. In modern times, they are usually made out of hollow steel with a small plate inside that makes a ringing noise when the balls are spun in the palm of the hand.

Similar to the theory behind Ki-Cho-Jaki exercises, baoding are said to be very beneficial to the qi flow because they stimulate all the meridian points on the hands. This in itself means that the accompanying meridians are cleared out and stimulated as well.

Training with the baoding is simple, yet difficult at once. If you haven't touched a videogame in your life and have little hand-eye coordination, it will be very hard. Start off by holding them both in your right hand, and attempt to spin them around each other clockwise. Start slowly, and try to make them "ring" as little as possible, as that means you are clanking them together. At no point during the spinning should the baoding stop touching each other. The point is not to go fast, but to spin them as quietly as possible. Once you can spin them at an even pace quietly, try adding speed into the equation.

Eventually, the above will be easy. At this point, start spinning them with the same hand counterclockwise, progressing in a similar manner until you can spin them quickly and silently whilst spontaneously changing directions smoothly, at will. It takes a lot of practice!

After the right hand has become proficient in spinning them, move on to the left hand, and train similarly.

Terms to know/Glossary

Baduanjin: "8 pieces of silk" or "8 pieces of brocade". A basic qigong exercise.

Buddhism: A philosophy/religion taught by Gautama Buddha, with the ultimate goal being enlightenment and the transcendence of worldly desire.

Chi: Alternate romanization of "Qi"; Wades-Giles or Yale.

Dantian: A spiritual energy center in the body, where the nerve plexi are, and glands as well; there are three of them in the Daoist view, home to the Three Treasures.

Daoism: A philosophy/religion that strives to teach the natural Way of the Universe.

Ki: Japanese term for "Qi". See Qi.

Jing: "Essence". One of the three treasures, residing in the lowest dantian, near the spleen. In Taijiquan, it is "force", a kind of refined qi combined with proper body mechanics.

Meridian: Subtle channel in the body that qi flows through in a tight spiral to keep you alive.

Neijia: Internal martial arts, traditionally the "big three" of Baguazhang, Taijiquan, and Xingyiquan, however Yiquan and Aikido are generally considered internal styles as well as many other, lesser known arts.

Neijing: See jing.

Neiqi: See qi, chi, or ki.

O.E.C. or OEC: "Online Energy Community", theveritasacademy, psipog, astral pulse, psiscape, etc. Really any major site with a webforum or chatroom that deals with life force energy and the manipulation thereof.

Psion: One who practices psionics.

Psionics: An alternate system of energy manipulation that is primarily concerned with developing psychic powers.

Seiza: Japanese traditional way of sitting, with the feet underneath the body, knees bent, buttocks resting on the calves.

Tai Chi/Tai Chi Chuan: The most popular and widespread internal martial art.

Taiji/Taijiquan: Pinyin romanization of "Tai Chi".

Qi: Literally "breath". One of the three treasures, centered in the middle dantian, near the heart. In our case, it refers to life force energy. Pinyin (modern) romanization of the older "Chi".

Yang: Positive polarity; masculinity; aggression; heat; hardness.

Yi: Intention; willpower; volition.

Yin: Negative polarity; femininity; passivity; cold; softness.

Yuan: A perfectly equal balance of Yin and Yang.

Wu qi: The basic baduanjin stance.

Xing Zhoudien: "microcosmic orbit". A meditation technique characterized by the circulation of qi from the lower regions of the body to the top of the head, and back down again.

Conclusion

This concludes the first guide; on the whole, these exercises when practiced in order over a period of about 6 months. This should bring someone to a beginner's level; not quite the level of an adept. Keep in mind the saying, 'it takes 2 years to gain basic control over the qi, and 5 years to believe in it truly'.

Lots of people contributed to this guide by reviewing it and adding their own ideas about it. Thanks to (in no particular order): Whitjaso, Son Goku, The Mad Daoist, TheMistDragon, kobok, Prophecy, Darkduck, Silver_Archer, and anyone I left out.

In the next guide, more advanced circulatory processes will be revealed, as will methods for healing yourself and others with qi, in person and remotely. Applying qi martially will also be discussed, as will the dynamics of jing as it applies to taijiquan and fighting in general. Rest assured, this rather lengthy article is only the tip of the iceberg.

Until next time,

Ren Dao!

Koujiryuu

« Last Edit: June 05, 2013, 01:43:10 PM by Koujiryuu »

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June 06, 2012, 11:31:07 AMReply #1

Koujiryuu

Teacher Emeritus

Posts By Osmosis

Offline

Scholar-Warrior

1340

Karma:

101

Personal Text

内功。導引

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Re: Beginning Daoist Qigong

Pictures have been restored.

These are the original pictures I took in 2004, I recently got an archive of my old website and these were in it.

Some of the postures are somewhat incorrect. In Holding the Balloon, for example, the arms should be lower and rounder (about the level of the Dantien). However, most of the pictures work, and should help beginners practice the forms more easily.

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August 12, 2012, 09:53:24 PMReply #2

Henry

Settling In

Offline

*

27

Karma:

2

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Re: Beginning Daoist Qigong

My grandma says that qi gong is bad for you and can drive you insane. She says she once had a friend who practiced qi gong, though he's now locked up in a mental

institute. So I guess my question is, what are the dangers of qi gong?

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August 13, 2012, 12:07:10 PM Reply #3

Koujiryuu

Teacher Emeritus

Posts By Osmosis

Offline

Scholar-Warrior

1340

Karma:

101

Personal Text

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Re: Beginning Daoist Qigong

Quote from: Henry on August 12, 2012, 09:53:24 PM

My grandma says that qi gong is bad for you and can drive you insane. She says she once had a friend who practiced qi gong, though he's now locked up in a mental institute. So I guess my question is, what are the dangers of qi gong?

This is a result of improper or too much practice.

It isn't that Qigong specifically does this to you; it is that if you have a pre-existing mental illness, any spiritual work that makes you turn inward can make you "go crazy". It's not just Qigong but Psionics and Magic. A lot of the time this manifests in visions, hearing voices, and so on. In the old days, people who had these kinds of things were revered and considered special. Now they're just considered crazy and locked away.

Personally, I'm bipolar myself. My Qigong practice (which is what is in this guide) has never caused me to hallucinate. It's never caused me to go crazy. My Qigong practice has helped change my world view and bring me inner peace. I can use it as an effective stress reducing tool when I feel overloaded. I can use meditation to contemplate the nature of myself, my negative feelings, my paranoia, and so on to understand those feelings and change them or realize they're delusional. For me, Qigong has been nothing but positive.

"There's a thin line between accepting your inner divinity and total insanity." - Prophecy

Qigong is what you make it. If you think it will make you crazy, it will make you crazy. If you have fear about it, it will ruin your practice. However, if you approach it from a receptive, clearheaded mindset with no expectations and are open to a positive experience you will be surprised.

For more reading try looking at the Yin and Yang Theory section in this article:
<http://forums.vsociety.net/index.php/topic,20963.msg207018.html#msg207018>

It talks more about some of the few dangers of Qigong, that is Yin/Yang imbalance and energy blockages and how to remedy them.

Regards.

~Kouji

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Daoist Qigong

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Author Topic: Consider the soul first (Read 47662 times)

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March 30, 2011, 10:37:08 AMRead 47662 times

Kettle

Teacher Emeritus

Veritas Furniture

Offline

Frequent poster

376

Karma:

20

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[Consider the soul first](#)

[Consider the soul first](#)

[Introduction](#)

When we do anything in regards to psionics it is often that we first consider the nature of the physical domain and not of the soul, this is however a backwards way of looking at things if we wish to achieve the greatest understanding and success with psionics. This article is written as an introduction to the nature of the soul and how we can utilize that understanding to allow us ease in achieving any psionic skill.

[The soul](#)

When attempting to accomplish any task it is wisest to first ask ourselves, "Am I capable of this?", or, "How can this be accomplished?". It is most important to emphasize the 'I' in this statement as you are the deciding factor in whether or not what you want will be

accomplished. For some reason though when it comes to psionic endeavors the novice psion tends to spend their time considering the physical domain and what it can do and attempts to work around that. The psion should instead be considering what the soul is capable of as most often the actions of the soul are in complete disregard of the 'rules' of the physical domain.

We cannot necessarily say exactly what the soul 'is', because the concept of 'what something is' has a physical connotation and we know that the soul is neither matter or energy. What we do have are observable and repeatable effects of a non-physical consciousness interacting with a physical world, and by careful observation of these things the following conclusions can be made about the nature of the soul:

The soul is neither matter or energy.

To the soul all the physical world is simply information.

Information is available to the soul should we choose to observe it.

A soul can alter and change the physical world.

The soul is root of all psionic ability and action.

In reading the above the very first thing you should think about is, "How could the physical world possibly be any hindrance to work around for such a consciousness?", and indeed it is not.

Application

Considering the soul first and considering it in everything we do seems like a simple concept but it is a very important step to better achieving psionic skill as well as an understanding of the soul. To understand the soul is to understand what we are fully capable of, and until we know what we are fully capable of we cannot possibly understand how we should go about performing any psionic skill.

A psion that understands what they are as a soul will always know the answer as to how to achieve anything with psionics. Like an artist who can work in any medium, when the soul is understood the psion freely invents his psionic method as needed to any given situation knowing that all interactions between the soul and the physical domain are at most minor differentiations of the same thing.

When we are to do anything related to psionics we first consider the nature of the soul, what it is capable of, and based on that we can choose how we wish to alter the physical domain or ourselves to fit our needs.

To put this as simply as possible; There is not one thing that the soul does that is anything more than either observation or alteration of the physical domain and you are doing these things all the time as you are always a soul that is observing and altering the physical domain. The only difference between the average person and the psion is that the psion is actually aware of their interaction with the physical and is actively in

control of it.

Examples

Several standard psionic skills will now be referenced and explained under the above understanding of the soul as examples of how this understanding can be properly utilized.

Scanning

Consider a non-physical, non energy consciousness. This is a consciousness capable of observing the physical domain with accuracy as evidenced by the fact that you are reading this right now. Consider too that this non-physical, non-energy consciousness has no physical connection to your body whatsoever and still manages to observe, with great detail, the physical world. How is perception then anything more than a soul's specific choice to be aware of something in particular? How then is scanning any different from what you're doing right now?

Kinesis

If the soul is neither matter or energy and has no physical connection to the body how is it then you are capable of moving the limbs of the body? How is the change created in the human form that is required to move, walk, or talk any different from the kinesis that can be controlled by the soul outside the body?

Precognition

If the soul views all the physical world as information why would viewing something at a different period of time, nothing more than different information, be any more complicated or different than what it is always doing?

Future Selection

If the soul is all of these things then the future we wish to bring about is nothing more than a different location for our kinesis to take place.

Conclusion

Psionics as a whole is an endeavor to better understand the workings of oneself. Though it is easy to become distracted in material concerns it will always be a greater understanding of the soul that allow us to bring about beneficial futures for ourselves and those we care about.

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March 30, 2011, 11:50:35 AMReply #1

Violet

Posts By Osmosis

Offline

1003

Karma:

33

Personal Text

Your friendly neighborhood Verigeek.

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Re: Consider the soul first

A great read. :) I do, however, have a question.

Quote from: Kettle on March 30, 2011, 10:37:08 AM

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Does everything the soul can do have to be either observation or change of the physical domain? In other words, can't the soul observe and change anything that has its roots in another domain but has no physical dimensions. Constructs, for example, do not need to have a physical location. They do not even have to observe or change anything in the physical domain, per se, right? This, then, would completely isolate them from the physical domain, existing only in the conceptual and energetic(?) domains. The use of such a construct is disputable, but my question remains: can the soul observe or change anything that exist solely in the conceptual and/or energetic domain(s)?

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March 30, 2011, 01:37:28 PMReply #2

XIII

Veritas Teacher

Posts By Osmosis

Offline

Beauty
161

Karma:

12

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Re: Consider the soul first

Quote from: Robin on March 30, 2011, 11:50:35 AM

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Quote from: Kettle on March 30, 2011, 10:37:08 AM

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Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

March 31, 2011, 11:29:27 AMReply #3

Kettle

Teacher Emeritus

Veritas Furniture

Offline

Frequent poster

376

Karma:

20

Personal Text

Frequent poster

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Re: Consider the soul first

Ah yes, what XIII said :)

I can see where the confusion is though Robin. With what I wrote I'm trying to show that separation of psionic endeavors into individual techniques and named practices is useless to anyone who understands the fundamentals of the soul's interaction with specifically the physical domain, in that we are only ever observing or changing. There are of course other domains some of which are beyond anything more than our observation but in this article I wanted to talk specifically about the physical domain as that tends to be most relevant to our day to day lives.

At the end of the article I'm hoping it's clear to the reader that (to make another example) the only difference between me writing these words and future selecting a moment a year in the future is the subject matter.

- k

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April 01, 2011, 10:48:57 AMReply #4

`Nazukarr

Posts By Osmosis

Offline

631

Karma:

14

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Re: Consider the soul first

I enjoyed this article.

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"I am not this hair, I am not this skin, I am the soul that lives within."

April 02, 2011, 05:26:48 PMReply #5

supadude

Posts By Osmosis

Offline

Super Villain

834

Karma:

16

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Re: Consider the soul first

yes indeed the soul is our explanation of how we are able to perform psi, but its hard to even gain an awareness of that part of yourself in the first place, or as some call it "actualisation". if we could just "feel" the soul right away then we wouldnt be here trying to figure this out

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http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded

A must see study for all!

<https://www.youtube.com/channel/UCVWUFDDyAHmC2k1m2rnGvQw>

My youtube channel

The proud owner of the 200,000th post made on Veritas.

April 03, 2011, 10:42:22 AMReply #6

Kettle

Teacher Emeritus

Veritas Furniture

Offline

Frequent poster

376

Karma:

20

Personal Text

Frequent poster

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Re: Consider the soul first

Quote from: supadude on April 02, 2011, 05:26:48 PM

yes indeed the soul is our explanation of how we are able to perform psi, but its hard to even gain an awareness of that part of yourself in the first place, or as some call it "actualisation". if we could just "feel" the soul right away then we wouldnt be here trying to figure this out

As I know it 'actualization' is the utilization of energy to create our formed intent as a real thing, not so much the awareness of the soul. This is under the Dynamic Psi paradigm though and others might define it differently.

The notion of being able to "feel" the soul is again a common misconception/stumbling block when attempting to understand the soul. The word "feel" itself implies a physical state to the soul, something that can be touched, when in reality the soul can be neither matter or energy. The key to getting over this is to understand that the soul is the real you and if you only shift the focus away from the physical, or reduce your awareness of it, whatever is left over is the soul.

-k

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April 03, 2011, 11:00:54 AMReply #7

Mindlessinvalid

Posts By Osmosis

Offline

1205

Karma:

10

Personal Text
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Re: Consider the soul first

"the arcane formulas or mental alchemy" is THE book to read if interested in a traditional and hardcore book on dynamic psi. It's supposedly a book on attaining godhead but in actuality it's dynamic psi before psi was even a concept.

Logged

Clothes make the man, and naked people have little or no say in society.

April 04, 2011, 01:14:42 PMReply #8

Kettle

Teacher Emeritus

Veritas Furniture

Offline

Frequent poster

376

Karma:

20

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Frequent poster

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Re: Consider the soul first

Quote from: Mindlessinvalid on April 03, 2011, 11:00:54 AM

"the arcane formulas or mental alchemy" is THE book to read if interested in a traditional and hardcore book on dynamic psi. It's supposedly a book on attaining godhead but in actuality it's dynamic psi before psi was even a concept.

You'd really have to ask Kobok on that one to be sure, but I don't recall it as required reading in the Dynamic Psi courses.

I can't say I read the whole book but I took a read through the first couple chapters and it seemed to be more about overcoming mental considerations and not understanding a non-physical consciousness which is of pinnacle importance in the Dynamic Psi system. There's various other philosophical systems that also share similar ideas but that does not necessarily make them Dynamic Psi.

-k

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April 04, 2011, 03:21:20 PMReply #9

Mindlessinvalid

Posts By Osmosis

Offline

1205

Karma:

10

Personal Text

Crazy and Can't Get out of Bed

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Re: Consider the soul first

The ego shattering exercises are very useful in gaining soul awareness and when used in conjunction with focal meditation, they become powerful developmental tools.

The rest is developing intent which is part of the actualization process in dynamic psi.

One could say that though the methods of attainment is different the mechanism is the same.

Logged

Clothes make the man, and naked people have little or no say in society.

August 15, 2013, 08:41:35 AMReply #10

YMI

A Veritas Regular

Offline

**

89

Karma:

3

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Re: Consider the soul first

I do plan on meditating on this concept later today to see what i can find on my own but, although, i understand how the soul is non physical, i dont see how its non energetic. Isnt everything energy/vibrations at the base level(lowest/highest depending on view point)?

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August 15, 2013, 01:29:10 PMReply #11

Mind_Bender

Posts By Osmosis

Offline

1135

Karma:

89

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[Deus ex Machina](#)

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Re: Consider the soul first

In the wider perspective of energy, I would back Rayn, but for basic self work and manifestation, energy is quite simple once you have a foundation in basic feeling, flowing and harnessing, which with practice leads to projection and magical manifestation (if that is your goal). Emotions often relate to energy and emotional states may (but not always) reflect and lead your energy. This is the idea of low and high states of vibration. The dynamic perspective that Rayn pointed out is good if you are in the scientific paradigm of magic, or a more "theory is part of the practice" (like certain sects of Daoism and Hermeticism- which is still a scientific viewpoint and practice, but not in the modern sense). The energy automatically goes through several channels and dimensions as you are working with it or after you have harnessed it but it is not necessary to consciously think about all of the flows and possibilities- it's more distracting than anything unless you have a very intuitive and/or advanced experiential practice concerning the magnitude of potentials of 'energy'.

Logged

"Spirit is in a state of grace forever.

Your reality is only spirit.

Therefore you are in a state of grace forever."

"As reflections of the Source, we are little gods."

"...part of me doesn't want to believe that auto-eroticism while crushing on a doodle (sigil) could manifest a check in the mail box, but hey, it did."

"Everybody laughs the same language."

August 15, 2013, 02:40:40 PMReply #12

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

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Re: Consider the soul first

Quote from: YMI on August 15, 2013, 08:41:35 AM

I do plan on meditating on this concept later today to see what i can find on my own but, although, i understand how the soul is non physical, i dont see how its non energetic. Isnt everything energy/vibrations at the base level(lowest/highest depending on view point)?

No, it's not. Metaphysical energy flows THROUGH the soul, as the soul can establish conceptual patterns which direct and affect this energy. But the energy itself is not fundamental, but just an intermediate tool that we use. You can use the soul to create or destroy energy, and you can even clear the soul of energy and operate for a while without any. The soul doesn't need energy to exist, because it is more fundamental than this.

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August 15, 2013, 04:41:40 PMReply #13

YMI

A Veritas Regular

Offline

**

89

Karma:

3

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Re: Consider the soul first

Quote

No, because energy is not basic in itself; rather, it is comprised of basic dimensions of mass, length, and time which are spatial-temporal dimensions where the article proposes that a soul is not comprised or restricted to these dimensions meaning that it is not physically energy or matter.

So what would you consider to be the basic building blocks of the universe, if you dont mind me asking? I find it weird cause i feel like i understand what your saying in that energy has the attributes of a,b,c and the soul doesnt or atleast isnt restricted to a,b,c but im left with then what is it but i guess thats the whole point of the article lol. Time to meditate it seems as my previous confirmations were that the soul is a package of consciously bonded energy.

Quote

No, it's not. Metaphysical energy flows THROUGH the soul, as the soul can establish conceptual patterns which direct and affect this energy. But the energy itself is not

fundamental, but just an intermediate tool that we use. You can use the soul to create or destroy energy, and you can even clear the soul of energy and operate for a while without any. The soul doesn't need energy to exist, because it is more fundamental than this.

Word. So is it somehow analogous to the Soul being a traffic guard directing energy through it into different streets(the streets being facets of reality) ?

Quote

In the wider perspective of energy, I would back Rayn, but for basic self work and manifestation, energy is quite simple once you have a foundation in basic feeling, flowing and harnessing, which with practice leads to projection and magical manifestation (if that is your goal). Emotions often relate to energy and emotional states may (but not always) reflect and lead your energy. This is the idea of low and high states of vibration. The dynamic perspective that Rayn pointed out is good if you are in the scientific paradigm of magic, or a more "theory is part of the practice" (like certain sects of Daoism and Hermeticism- which is still a scientific viewpoint and practice, but not in the modern sense). The energy automatically goes through several channels and dimensions as you are working with it or after you have harnessed it but it is not necessary to consciously think about all of the flows and possibilities- it's more distracting than anything unless you have a very intuitive and/or advanced experiential practice concerning the magnitude of potentials of 'energy'.

Yea that pretty much sums up how ive been viewing it like i understand the different "layers" of density and energy for the most part i like to believe. However, when practicing i dont think of every single breakdown and movement of the energy through each level just it manifesting in my current one, with emotion and intent being the driving force behind it.

Thx for all the replys guys this information is dope, in that its helping me better understand my work alot better, strengthening my ability. Just thinkin on these concepts briefly has me tunnel visioning out on my laptop.

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August 20, 2014, 01:34:52 PMReply #14

Middelnil

Settling In

Offline

*

44

Karma:

2

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Re: Consider the soul first

I wonder how well any information and data is recorded by the soul, such as information on past-lives, etc.? I've lately had this shadow over my shoulders (just metaphorically). The more I think of the soul as a base for my being, the more I wish to get to know who 'I' really am and if this is my first life as a being or if there's more to it. I have this terrible urge, like I'm on a edge of something, perhaps on the edge of discovering something, it's like something I can't get my hands on; it's close but still so far away. You know the feeling, it's like the feeling that on any minute now you could learn to read: you're trying really hard but you just simply can't seem to learn, and at one moment you just realize that you can read, that all those words finally make sense. The moment of clarity.

Another question I have is where the soul is located at? Whenever I think of myself, of who 'I' am, I can feel my 'whole being', this warm and tingling feeling in my upper stomach(or solar plexus, perhaps?). I don't know if it's just awareness of my whole body or if there's more to it. Perhaps I'm just centering myself (it comes quite automatically whenever I think of myself as a being)?

I am sorry for digging graves but I just didn't want to start a new topic related to the soul (since I didn't find many appropriate threads to ask these questions).

Humbly Yours,
Middelnil

Edit: Oh, forgot to mention one thing. A really great article!

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===> Psi and Mental Abilities

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Author Topic: Consider the soul first (Read 47588 times)

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August 20, 2014, 02:20:58 PMReply #15

Mind_Bender

Posts By Osmosis

Offline

1135

Karma:

89

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Deus ex Machina

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Re: Consider the soul first

The soul only has a definite position and definition per paradigm you are educated in. I view the soul and spirit as different. The soul being my Over-Self, the aspect of awareness that I cannot explain, the aspect that creates magical influences via unseen and scientifically misunderstood/not yet discovered means. Some call it fate, fortune, luck, god, goddess, chaos, etc. My spirit on the other hand, going back to its root

meaning, is just the power of my breath and electromagnetic fields, what I have come to know as 'qi' from the Chinese Martial, Medical, and Spiritual traditions.

The full body tingling sensation is a biochemical reaction of deep states. Feeling your spirit in your solar plexus or brain stem, or wherever, is just the same, your biochemical and natural electromagnetic force surging through and around your body. The spirit can be measured, for the most part, but the soul is pure awareness. At least that is my perception and experience.

Logged

"Spirit is in a state of grace forever.

Your reality is only spirit.

Therefore you are in a state of grace forever."

"As reflections of the Source, we are little gods."

"...part of me doesn't want to believe that auto-eroticism while crushing on a doodle (sigil) could manifest a check in the mail box, but hey, it did."

"Everybody laughs the same language."

August 21, 2014, 09:32:03 AMReply #16

Middelnil

Settling In

Offline

*

44

Karma:

2

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Re: Consider the soul first

So in the end one can't simply measure something called 'soul'? Well, it's understandable since after all, the soul is our very essence; one can't even hope to comprehend it's vastness and complexity. In the end all I can do is explore. Explore and discover, and perhaps I will find the truth behind it all, gain some knowledge.

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August 21, 2014, 02:53:34 PMReply #17

Mind_Bender

Posts By Osmosis

Offline

1135

Karma:

89

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Re: Consider the soul first

Yeah, that's at least the way I see it. Instead of some higher, abstract god force, I think of each of our souls as that aspect of original essence and ever creative and evolving power. It's only been the last couple months I have really internalized the concept, but basically, the soul cannot be measured because it is interdimensional. Beyond words, concepts, space-time, and extraterrestrial ideals.

Logged

"Spirit is in a state of grace forever.

Your reality is only spirit.

Therefore you are in a state of grace forever."

"As reflections of the Source, we are little gods."

"...part of me doesn't want to believe that auto-eroticism while crushing on a doodle (sigil) could manifest a check in the mail box, but hey, it did."

"Everybody laughs the same language."

December 20, 2014, 11:24:34 AM Reply #18

Kyfixorus

Settling In

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*

40

Karma:

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Re: Consider the soul first

Steps to take:

Inspect your entire physical body before meditation. Pretend to move your hand and toes. Focus on your breathing and stretch and hold them as you focus on your breathing. Any form of burn, tingle, or discomfort can be blown away with a good controlled breath. Once you can feel the flow of breath activate the infinite amount of sensory organs in locations of your body, you can telepathically speak to your self in regards to where that energy will flow.(see chakras/psychic heat breathing techniques)

After you find your own personal flow realize this energy first as cosmic energy, once you fill your self with this is when you can feel great change occur. I personally use mana as my source of psi/alteration of my physical self to project it to alter physical

surroundings. Primarily I harness air to power my mana force and begin to blow winds.

Thru yoga and strict breathing techniques I have located the art of forming muscle and shifting all toxins to my core/ burning them and releasing a gas at will that brings bliss to my entire body. Also filter feeding the energies to form nutrition and a feeling of fullness I have been eating less and less while maintaining my weight and gaining muscle.

Logged

When your eyes are open its the physical

When your eyes are closed its the ethereal

If you act the part reality will chase you

Be the being you wish and the choices will tighten the knot of thought to become your new conscious state.

December 21, 2014, 02:32:29 AMReply #19

IIHbuddy89

A Veritas Regular

Offline

**

58

Karma:

4

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Re: Consider the soul first

I'm wondering how did you come to the conclusion that the "soul is not matter or energy" and it doesn't need energy at all. :confused:

Maybe we define terms "soul" and "energy" differently, but in magic it is viewed all things are just alterations of a homogene substance called the Aither (even matter and the soul), and the Aither is very much like an energy in my eyes.

(also psionics is just silly word for magic)

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December 21, 2014, 01:53:06 PMReply #20

Mind_Bender

Posts By Osmosis

Offline

1135

Karma:

89

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Deus ex Machina

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Re: Consider the soul first

Subtler and subtler. Matter creates form through the energetic flows that emanate from the soul

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"Spirit is in a state of grace forever.

Your reality is only spirit.

Therefore you are in a state of grace forever."

"As reflections of the Source, we are little gods."

"...part of me doesn't want to believe that auto-eroticism while crushing on a doodle (sigil) could manifest a check in the mail box, but hey, it did."

"Everybody laughs the same language."

June 09, 2016, 04:38:45 PMReply #21

Xenophon

Settling In

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27

Karma:

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Re: Consider the soul first

Why isnt this article on main page anymore? I thought it was one of most important ones.

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Welcome. This article index is designed to guide your introduction to the metaphysical arts.

Choosing a path

Should I Study Psi, Magick, or Chi? - This article overviews three of the major paradigms in the metaphysical arts, and presents reasons for choosing to study each.

Overview of the Different Energetic Traditions - A description of several different energetic paths, along with a select handful of introductory exercises.

Finding more information on each path

Psi article collections - Psi is the use of mental abilities to interact with the physical world without the use of the five senses or the physical body.

Body energy arts article collections - The Body Energy Arts overlap an individual's etheric power and spiritual self with the body, including Qi Gong (also called "Chi Kung"), Chi / Ki, Yoga, Reiki, etc.

Magick article collections - Magick is the study and application of how to manipulate forces on different levels of existence to bring about effects that are usually outside the common human sphere of influence.

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Author Topic: [Should I Study Psi, Magick, or Chi?](#) (Read 27756 times)

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November 09, 2004, 11:13:12 AM Read 27756 times

kobok

Tech Team

Posts By Osmosis

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Veritas Council

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Should I Study Psi, Magick, or Chi?

Should I Study Psi, Magick, or Chi?

All energy systems share common fundamental trends, and so progress in one is usually beneficial to later progress in another art. So a choice of which energy art to focus on is by no means an exclusive choice, but it is often a choice we must make so that we can dedicate sufficient time to understanding a specific paradigm.

The choice of which energy art to focus on is also a very personal choice, as it depends heavily on your own personality traits and aspirations. The three paradigms, or systems, presented here each have their own virtues and their own accompanying worldviews.

We have worked together to bring you this article containing separate perspectives on each of these three systems, so that we might share with you our own personal views and reasons for valuing each art.

May your journey be a prosperous one wherever it takes you.

Why Should I Study Psi?

(by kobok)

Psi is the art of causing change and sensing things by direct exertion of mental focus. There is also a great philosophical and spiritual depth to psi, which shapes the pursuit of psi into a lifelong path of self-betterment. Psi includes all abilities that have been encapsulated under psychic abilities, including terms such as telepathy, ESP, clairvoyance, precognition, psychokinesis, and remote viewing.

Modern approaches to psi typically center around awareness and manipulation of energy for the purposes of sensing or causing change. The abilities granted by this include moving objects, mental communication, personality scanning, seeing remote locations, sensing the future, healing oneself and others, choosing a future and causing it to occur, the creation of complex constructs using psi energy, and many others. The steady pursuit of psi also grants an unmatched depth of mental focus and discipline, accompanied by a deep understanding and awareness of one's own spiritual nature. This awareness has a profound impact on the psion's life and on the psion's interaction with others.

Psi attempts to take the most direct and fundamental approach to the energy arts, with an emphasis on gaining focused and intentional control over the details of ones abilities. The psion then uses this careful control to construct an array of more complicated and advanced abilities, while still maintaining that same level of focused control.

Why Should I Study Magic? (by Prophecy)

Magic is, in respect to religion, a melting pot of creeds and approaches. No matter if you are Buddhist, Hindu, Taoist, Shaman, Jewish, Christian or essentially any other religious denomination, there is likely to be a system of magic already worked out to compliment and advance your spiritual path within the framework of your existing dogma. Should you step outside the veils of religion, there is much in the way of spiritual advancement to be had even still, as spirituality is the essential foundation upon which most of the ideologies of magic are based.

Magic provides for the enduring aspirant a definitive and methodic means of taking life, and therein your destiny, "by the horns." Through self mastery, spiritual advancement and a harmonious knowledge of how to bend the laws of this universe, the adept can alter things in his life to create the destiny he sees befitting in his path. There is nothing out of the reach of a magician, and spiritual progress in both wisdom and power is promised to those who dedicate to it the time that is required in any true path of the metaphysical arts. The path of magic rewards not only practice, but hard study, to he who seeks the higher truths of the world he lives in.

Finally, magic encompasses all those things deemed mystical and metaphysical. The laws of magic are the laws of the universe, and all things find themselves represented by the respective magic theory. The powers of the soul, the mind and the body are all thoroughly covered and cultivated should the initiate choose to dedicate the proper time to his chosen path. If the aspiring magician has studied any eastern mysticism(such as yoga) or western metaphysics(such as Psionics), he has taken one step further in the path of magic and can now see how all he has learned thus far can be applied to conquer his own part of the world, deciding for himself how large that part is.

Why Should I Study Chi? (by kobok)

Chi is the name given to the "life force energy" in many asian cultures, under a variety of spellings such as chi, ki, and qi. In Hindu culture, the term "prana" is used for this energy, and Yoga is the name given to the associated Hindu art. According to legend, ideas of Yoga were instrumental in the forming of Qigong, the Chinese system of chi cultivation.

Most martial arts include some instruction in chi, although the degree of focus on chi varies greatly. Some martial arts only cover chi as a manifestation of the properties of physics and the structure of the body, but many other martial arts include the spiritual energy aspect of chi. Spiritual chi energy can be an important aspect of awareness, speed, strength, balance, and stability in the martial arts, and can have real physical effects. Chi meditation is an important aspect of many of these martial arts, and at the upper levels most chi-related arts also include study of healing with chi.

There are also body energy arts which focus more completely on healing, such as Reiki, a contemporary Japanese healing art in which practitioners channel their energy with healing intent.

In summary, the Chi arts synergistically bring together the body, mind, and spirit toward achieving ones goal.

« Last Edit: July 27, 2005, 07:45:57 PM by kobok »

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February 21, 2012, 04:46:16 AMReply #1

TurtleVoice

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Re: Should I Study Psi, Magick, or Chi?

This was really eye-opening, and definitely helped me to clarify where I want to go with this stuff. Thanks for a great article!

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January 08, 2014, 12:30:44 AMReply #2

xxxpeter31@gmail.com

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Re: Should I Study Psi, Magick, or Chi?

My direction in life is predetermined by forces unknown too modern man and as such i will focus on enriching my soul with all three topics presented because all 3 make up the one entity.

Thankyou for an insight in what I'm destined to do

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February 22, 2014, 03:52:18 PMReply #3

ivy

New Member

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Re: Should I Study Psi, Magick, or Chi?

All three of these subjects call out to me, for different reasons. It seems to me that they all ultimately benefit each other and are linked.

I study the art of witchcraft, but what I am mostly interested in is cultivating, studying and feeling 'energy'. I also enjoy Reiki and the healing arts.

Meditation seems the most logical and beneficial place to start, so I will focus on the PSI area - all the while enjoying the other areas that enrich my life.

I am new to this site and am currently fascinated with the extent of coverage. I certainly appreciate having access to these articles. 'Thanks.

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Author Topic: Overview of the Different Energetic Traditions (Koujiryuu, Solstice, &
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Overview of the Different Energetic Traditions (Koujiryuu, Solstice, & Prophecy)
Overview of the Different Energetic Traditions
By Koujiryuu, Solstice, and Prophecy (06.30.04) © 2004 Not to be reposted without permission.

The different energetic traditions are varied, and picking a path of study can be quite daunting to people new to the world of metaphysics and energetic cultivation. In this article, I will outline the differences and similarities between 4 different and often followed paradigms- Qigong, Yoga, Psionics, Low Magick, and High Magick. All of these traditions are powerful when applied by a master, and all of them borrow from each other to some extent. Hopefully, this will be a good "beginner" guide, with the goal being a decision on a path of study at the end.

Qigong: The Art of Breath -Koujiryuu

The first course of study I'll outline is the one I'm most familiar with: Qigong. Also spelled 'Chi Kung', and pronounced "chee*kung", this culturally rich tradition comes to us from Ancient China. "qi" means "breath" or "energy", and "gong" would translate to "work", in the sense of a skill cultivated over a length of time. Despite what some people might lead you to believe, Qi and Chi are not pronounced differently; nor are they separate forms of energy. "Ki" is a Japanese or Korean term, pronounced "Kee" (NOT "Kye"), and the concept of Ki is generally parallel to the concept of Chi, minus some cultural distinctions.

The Hua Qing Ni says: "How can the universe be alive? Because it is the continual transformation of primal chi, the pivotal energy and living soul of the universe. By understanding that all things in the universe are just different expressions of chi, one can see why the sages have always said, 'All things are one, and one is all things.'"

So what is Qi? Qi could be said to be the vital life force that runs through everything in existence, and holds the cosmos together. Qigong, then, is the art of strengthening, refining, focusing, clearing, and to an extent, controlling this vital breath. Qi runs through a system of channels called "meridians" or "mei" in Chinese, spiraling as it moves to keep you alive.

Through breathing techniques, meditation, and flowing forms, the qi is circulated throughout the meridians to strengthen the energy body. Qigong can be done sitting or standing, moving or still, and ranges from being meditatively pacifistic to outwardly aggressive, in the case of Tai C'hi Chuan. On top of this, there are generally three different distinct classes of qigong. Hard-style qigong is the art of bringing qi out to the skin and strengthening the wei qi, or protective qi centered in the skin, to the point that

the body becomes impervious to swords or spears (although not bullets, as the Boxer Rebellion of the 1900's showed us). This is usually called "iron shirt" or "iron body" qigong, and is of special interest to those in the martial arts. Soft-style qigong consists of moving the body in certain patterns while breathing in a certain way to energize the body and promote health. This style is of interest to those with weak or ailing health. Lastly, the most esoteric style of qigong, and the least widely practiced, would be Daoyin (dao*een) qigong. This style originates with ancient Chinese Daoist practices, and focuses on moving qi along the meridians in certain ways to strengthen them. If properly practiced, daoyin is said to eventually bring about immortality.

Overall, qigong is a powerful healing art, with application in martial arts and health fields.

Basic Technique: Pushing Water

Stand with your feet shoulder length apart. Keep your hands loosely at your sides with your palms facing the body. Now, inhale through the nose for four seconds, while bending at the knees and raising the arms to shoulder level. Hold this position for four more seconds, before exhaling out of the mouth and returning to the starting position. Do this with a clear, calm, and focused mind- focus on the dantian, the energetic reservoir about 3 inches below the naval and an inch in. Repeat 27 times daily.

As you can see, this technique exemplifies the best of qigong- those with prior martial art experience will likely notice the "fourfold breath" used in meditation being combined with the physical movement.

Yoga: Inner Bliss and Transcendence of the Cosmos -Koujiryuu

Yoga is a diverse art that is very ancient and often misunderstood, due to popular culture and the preconceptions of the masses. It comes to us from ancient India, where it was said to be handed down to humanity by the Dev Shiva, the destroyer aspect of the Hindu trinity of Brahma, Vishnu, and Shiva. 'Yoga' is an ancient sanskrit word that means 'devotion'. Yoga is the originator of many paradigms used by practitioners of other arts as an addendum to their unique practice- many Wiccans and Psions can tell you all about the chakras, a concept originally outlined in Yoga, for example.

From the Bhagavad-gita (Celestial Song), an ancient text forming part of the Mahabharata: "One who is free from illusion, false prestige, and false association, who understands the eternal, who is done with material lust and is freed from the duality of happiness and distress, and who knows how to surrender to the supreme person, attains to that eternal realm of the Higher Self. (15:5)"

The practice of yoga is extremely varied- many styles exist, with many different goals and forms. Some of them are: Karma yoga, Jnana yoga, Hatha yoga, Kriya yoga, Kundalini yoga, Laya Yoga, and Sankhya Yoga. The author is most well versed in

Kundalini yoga and Hatha yoga. However, the goal of each is to help the personal soul (atma) reunify with the universal soul (brahma), so it could be said to be a more spiritual pursuit.

Hatha yoga is the yoga that most people picture when they think of yoga. It consists of postures (asanas) and different exercises to clear the blockages of Prana (Similar to qi) and allow the soul to become healthy. It is popularly practiced around the world in modern times, and its benefits to the individual are tremendous. It can be used for anything from helping to cure a bad back to improving flexibility, and is a precursor to some of the "higher" forms of yoga.

Kundalini yoga is known as being the most esoteric form of yoga. It involves seven energy centers in the body, known as chakras, which have specific purposes. Chakra means "wheel" in sanskrit. These energy centers spin counterclockwise with prana, and when a person is sick or distraught, they will begin to slow down. The chakras are as follows:

Chakra, location, color, petals-
muladhara, root/tip of tailbone, red, 4
svadhisthana, sacrum/spleen, orange, 6
manipura, solar plexus, yellow, 10
anahata, heart, green, 12
visshuddha, throat, blue, 16
ajna, brow/"third eye", indigo, 96
sahasrara, crown of head (upper 1/3rd), violet, 972

The main point of kundalini yoga is to raise the dormant energy of Prana-Kundalini up the sushumna nadi (nadi is synonymic with meridian, much as prana is with qi) to the top of the head, piercing all the chakras along the way, and leading to identification with the Higher Self. This is symbolized by the union of Shakti, an avatar of the Devi Parvati, with Shiva at the top of the head, and ultimately leads to the clearing of karmic debt and realization of God-Consciousness.

Basic Technique: Alternate Nostril Pranayama

Close the right nostril with your right thumb and inhale through the left nostril. Do this to the count of four seconds. Immediately close the left nostril with your right ring finger and little finger, and at the same time remove your thumb from the right nostril, and exhale through this nostril. Do this to the count of eight seconds. Inhale through the right nostril to the count of four seconds. Close the right nostril with your right thumb and exhale through the left nostril to the count of eight seconds. This concludes one round. Repeat seven times. Focus on the area of the root chakra while doing this technique. This technique stimulates the ida and pingala nadis, and is a technique to energize the kundalini for eventual awakening.

Do not practice this technique if you have a cold or if your nostrils are plugged.

Psionics: The Mind is More Powerful Than You Think -Koujiryuu

Psionics (s'eye*on*ics) is ancient in it's application and use, however it is relatively new in terminology and study. What originally was a term denoting anything of a parapsychological nature has become a term used to generally denote anything of a semi-unexplained, human psychic phenomena.

These include, but are not limited to: telepathy, remote viewing, psychokinesis and telekinesis, astral projection, out-of-body experiences, empathy, psychometry, precognition, clairvoyance, mediumship and clairsentience. Telepathy is mental communication over a distance, at a high level possibly involving speech. It can also be the transference of colors, patterns, emotions, or thought. Remote viewing is being in one place and viewing another. Psychokinesis is the mental control of the forces of nature, such as fire, water, thunderstorms, or air, and also includes telekinesis, the mental movement of inanimate objects. Astral projection is similar to out-of-body experiences; the spirit leaves the body and enters a malleable, energetic realm of thought. However, they both may take place in a real-world environment, as the physical and astral realms overlap each other. Contact with spirits is possible in both experiences. Empathy is feeling the emotions of others, and combined with telepathy, can result in the transference of emotional state. Psychometry includes clairsentience, the feeling of energy, and clairvoyance, the psychic ability to see over distances- the psychic ability to feel, beyond physical senses. Precognition is seeing events of the past or future, or having "premonitions" that come true. Mediumship is the channeling or communication with spirits. Clairaudience is hearing sounds over a distance.

All or some of these abilities can be replicated indefinitely with the correct training. Those who practice these abilities generally prefer to be referred to as "psions", not the more popularly accepted "psychic".

Basic Technique - Zen Meditation:

Among all practitioners of any energetic art, the most widely practiced technique outside of paradigm, belief, or religion is most assuredly meditation. To not include a basic meditative technique in a beginners overview to the arts would be nothing short of ludicrous. Whereas qigong can be applied while moving at high speeds in a combat situation, psionics requires complete and total relaxation. This meditation, originally written by my friend, mentor, and teacher Mystickal Magi, is a great starting point for any aspiring psion to begin to develop the relaxation and concentration needed to consistently perform any of the abilities detailed above. -Koujiryuu

Imagine a place where you feel safe at any time. Imagine a paradise that only you know about and live to cherish. Picture yourself in that place, and that place all around you. You can feel it, touch it, and even smell everything in and around it. This is your place it

is with you and inside you. It is a part of your life.

Meditation is life in this "special" place where no thoughts reside. It is a time when you can go here and feel relaxed. A time where there are no disturbances or outside interference to prevent you from being at peace. When you meditate you can explore your soul.

There are several "types" of meditation. All can be used for the same or different causes. The first method of meditation that will be discussed is Tathagata Zen. It is a meditation practiced in Shaolin tradition and was taught to the Shaolin by Bodhidharma(Tamo). Although this has a Buddhist foundation don't think that you have to be a buddhist to meditate in this fashion. In martial arts and enlightenment there is no religion. What your personal beliefs are are your personal beliefs and should be regarded as so, and No matter what you believe you are worthy of wisdom.

Tathagata Zen (Ju Lai or Ru Lai Zen): Attaining a Focused Mind

Sit comfortably in any meditation position, personal, or as preferred a lotus position. For those of you who are unsure what the Lotus positions are they are the traditional meditation postitions. They appear similar to sitting "Indian Style" with both hands on either both knees, or cupped in a grasping fashion in your lap.

For this meditation it is required that your body be upright and relaxed. This is so, because in accordance with belief if your back is "slouched" or "slumped" it is likely that an energy blockage may occur in that area. Energy blockages will disrupt the body's natural flow of energy and probably cause discomfort. In order to remain relaxed and calm it is recommended that you tilt your head slightly forward. If it is tilted forward slightly causing a slight smooth curve the rising energy will flow through your head and upper body in a pleasant manner. For this meditation it does not matter if your eyes are slightly open or closed. Now, When you are correctly seated and comfortable, clear your mind of all thoughts. This may be very difficult for a lot of people and will probably take a long time to occur for beginners. If it takes too long, or you grow impatient and stop do not worry. This is a common factor in beginning meditation. After you have cleared your mind of random thought you can begin to gently focus your breathing. Do not attempt to concentrate your breathing into patterns or such, instead breathe gently and be aware of it. Silently count your breathe as you breathe out. Count from one to ten, and then repeat the count in sets of ten, Starting with the first release of breathe, then the second and so on. Don't worry if you miss a number, just continue with the last one you can remember. The amount of time that you spend doing this is completely up to you. After you complete this I recommend guiding your qi (energy) throughout your body. Use any visualization techninque you like. Once you are finished, relax by rubbing your palms together and warming your eyes. This should be done after any meditation or energy guiding excercise.

Low and High Magick: The Dialogs of Causing Change to Occur in Conformity to Will-Solstice, Koujiryuu, Prophecy

Solstice:

"Magick is one of the oldest cultural antiquities, as far as spirituality is concerned. Predating religion, magick is the practice of the belief that one can wield powers beyond that of the human ingenuity; that such powers ebb and flow through this world and that which may lay beyond. The word has more than one origin: in Latin, magnus, meaning power; and in Sumerian, magus, meaning "wise one". The applicable meaning of the word has changed so many times, that today to use it would be vague and capricious, without stating your intent - be it the Hollywood stage, or some pompish evocation. At one time, anything that was not understood and not clearly done by hand was considered a divine feat, which included electricity and fire. Though very complicated, a brief summary of some of the popular practices is in order. The practice of magick varies from culture to culture, as does the inherent meaning."

"There are two classes of magickal arts: low and high. Not a manner of rank, but a means of distinguishing the practitioners style of use. Each style has indefinite practices, as each practice can be personalized or traditional."

"Low magick involves an eclectic array of prayers, potions and charms, setting the theme for one well-known form known as witchcraft. The practitioner of low magick has a free-lance style and may employ many magickal systems to suit their needs. Spells are performed with few materials and little preparation; they are cast with the emphasis on personal intention."

"A few styles of lower magick would be sympathetic magick, crystal magick, sigil magick, elemental magick and chaos magick. Sympathetic magick, being one low form, is the belief that the image of something can be used to influence that which it represents; such examples can include voodoo dolls and good luck charms."

Koujiryuu:

"Crystal magick is another low form, dealing with various crystals and their inherent ability to amplify, augment, enhance, or balance spells, incantations, and the energy body. It is a highly healing art, although it's potency can be used in a multitude of ways. Sigil magick relies on assigning certain symbols a subconscious magickal function and then setting the symbol into your subconscious, essentially allowing subconscious casting of spells; oftentimes, ancient runes are used, and oftentimes this is the ideal magickal system for creating a long-lasting, continuously present effect (e.g. a magickal shield). Elemental magick is the belief in the ability to magickally control or affect the forces of nature through magickal casting. Chaos magick is in essence shamanism devoid of culture; a stripped down, bare bones form of magick bordering on necromancy (the control/summoning of spirits in the realm of the dead), it deals with the creation of magickal servitors; beings that do your magickal being, sometimes in return for something they need (e.g. the life energy, or qi, to exist). Despite it's name, it is a magickal system with set boundaries, like any other, without the overlapping culture."

Solstice continued:

"High magick is the most methodical of the arts. Practitioners of high magick depend upon almost theatrical performance of rituals; using the Moon's phases and the Zodiac, the magician casts a spell that can last hours or years. Though all spells can be towards whatever goal the practitioner wishes, high magick traditionally is used as a means of connecting with gods (or angels). It is believed that alignment with the divine forces of Universe will allow the magician to become one with it."

"In my opinion, the description of "high" is applied because of that belief. Practitioners of both styles can incorporate aspects of the other in their workings. It is not uncommon for someone who uses witchcraft to cast magickal circles, or chant the names of dieties, which is generally accepted as being a High technique."

Prophecy:

"In the traditional High Magic paradigm, as Solstice said, the goal is ultimately to achieve some type of union with a pantheonistic force, oftentimes the ruling entity of the given religion. Their magic, therein, specifically revolves around the powers and abilities attributed to their god-head, and often involves the use of any servants under that god-head. The most well-known, and arguably best proven to work, of the High Magic paths is the High Magic which resides within the Judeo-Christian Paradigm, working directly with the God-Head Jehova, and exercising the powers assigned therein. This system of High Magic is narrowed down by name as The Great Work (Qaballistic reference), The Sacred Science (Solomon), and The Veritable Arts/Sciences (Abraham)."

"In these arts, The Magus exercises the power given to man by (originally) Jehova, and more recently, reinforced by the life and commands of their Messiah, Jesus of Nazareth. This power is best exercised by the concept that both angels and demons are subservient to the righteous, God fearing man, being as man was created in God's image, and His most favored creation. In these arts, the devils and demons are controlled via the implication of words of power, commonly referred to as God Names, which firstly subdue the desired entity."

"Secondly, the demons are forced into action via promise of punishment by means of some type of more powerful angel, and therein the wrath of The Lord. When using angels, the magus once again relies on the power believed to have been invested in him by Jehova, and once again uses divine names to bring about results, though in a more pleasant manner, being as angels are still to be respected, whereas demons have lost all grace."

"The operation as a whole is enacted by the magician via a ritual setting, which in the least, involves the use of a magic circle, an altar, and the primary Magical Weapons. Realistically, these items reinforce the psychological mood of the magician, strengthening his faith in the operation's successful casting, and therein his magic as a whole. Whether or not the items used have any power within themselves is largely

debated in many magical orders. What is known is that they work, oftentimes powerfully so."

Sadly, a "beginners technique" for either High or Low magick is really not plausible. The meditations and techniques outlined in the rest of the article will have to suffice, as there really is no such thing as a beginning magickal spell.

This concludes the article. Thanks go to: Solstice (<http://www.psychicbody.com>), Prophecy, Silver_Archer (for doublechecking the yoga section), and all the newbies on the forums- may this article help you, and good luck on whichever path you choose.

« Last Edit: June 05, 2013, 01:47:45 PM by Koujiryuu »

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To begin your study in psi, you can read these articles in the order presented here.

While you are reading, stop everytime you get to an exercise and practice that exercise until you are comfortable with it before continuing. Learning psi requires regular practice, rather than simply reading, and you need to practice beginning exercises in order to lay a foundation of understanding so that later material makes sense to you.

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- 3 Developing Skills
- 4 Playful Psychic, by Skywind
- 5 Reference and Resources
- 6 Complete article list

Beginning study

Focal Meditation - This article describes focal meditation and an exercise for practicing it. Focal meditation is an instrumental part of gaining reliable and consistent control over your psionic abilities, and is an excellent place to begin your study.

Introduction to Kinetics - This article describes kinetics, the art of causing physical change with psi, and presents a potent training technique using kinesis of a candle flame.

Fundamental Dynamic Psi Course

The following lessons are from a public course on Dynamic Psi.

Introduction and Focal Meditation

Introduction to Kinetics

Future Selection

Psions: Masters of Transformation

Introduction to Inner Meditation and Linking

Introduction to Scanning

Introduction to the Conceptual Domain

Introduction to Energy

Constructs, Grounding, and Filtering

Developing Skills

All Around Scanning - An overview of scanning, including discussion of linking, shields, energy bodies, and other aspects.

Binding Constructs to Objects - The theory and applications of binding psi constructs to physical objects, along with several methods for achieving this.

How to NOT Practice Psi - A warning regarding some counterproductive mistakes which are commonly performed.

PsiLink - A php program for practicing both kinesis and precognition with conceptually separate images.

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A Treatise on Self Hypnosis - An article on how to use self hypnosis to bring about positive changes in yourself.

The Secondary Cerebral Cortex of the Psion - An article introducing an advanced

scanning technique within the Dynamic Psi system.

Construct Dynamics - An article on the creation of combinations of constructs for complex behaviors.

Playful Psychic, by Skywind

Playful Psychic, Preparation - A guide to preparing for study in psi.

Playful Psychic, Basic Skills - A primer of skills such as grounding, drawing energy, creating psiballs, and shielding.

Playful Psychic, Advanced Skills - A primer of skills such as empathy, telepathy, astral projection, aural vision, psychokinesis, and giving readings.

Playful Psychic, Appendix - Worksheets, statistical information, and scientific organizations.

Reference and Resources

Glossary of Psi Terms - This is a glossary which defines many of the common terms in psi.

The True Nature of Psi - This article describes the scientific evidence which shows that psi is not electromagnetic or physical in nature, and presents an explanation which fits with the experimental and experiential evidence.

The History of Psi - This article presents a brief overview of the history of psi.

Frequently Asked Questions about Psi - This FAQ covers the most commonly asked introductory questions, questions about the nature of psi, questions relating psi to other things, and questions about the practice of psi.

Ganzfeld Meditation Applet - An article introducing a Java applet for meditation which includes visual and auditory stimuli to help draw one into a meditative state.

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December 27, 2004, 04:04:28 AMRead 313393 times

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Posts By Osmosis

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Focal Meditation

Focal Meditation

The role of focal meditation in psi

Meditation is central to the practice of psi. Gaining meaningful control over your psi abilities will only come through steady and regular meditation.

There are two major classes of meditation, void meditation and focal meditation. Void meditation is an extended blanking of the mind, in which one attempts to have no thought and no awareness in order to clear one's mind and open oneself up to new understanding. Focal meditation is a deep concentration of the mind, in which one attempts to focus all thought and awareness on a single thing, either an object or a concept.

For the purposes of psi, focal meditation is the form of meditation which is of primary

interest. A psion uses focal meditation to gain the depth of inner self-control necessary to achieve clarity in the sensing abilities and control over the kinetic abilities.

It's certainly possible to perform a psionic act without any meditation. It's even possible to perform a psionic act completely by accident. But any would-be psion who wishes to gain consistent and deep control of the psi abilities must use focal meditation to achieve this.

The most basic focal meditation is simply to select an object and stare at that object, focusing all of your thoughts and awareness on that object. Any object will do for this; it can be as simple as a spot on the wall or a dot drawn on paper. The best objects to select are the ones which help to draw your attention. One example of an object which does this for many people would be a crystal. However, the best object for focal meditation in psi seems to be the candle flame.

Candle meditation

The following exercise will be described in terms of a candle flame. If you at all can, you should seek out a candle and perform this with an actual candle flame, as the flame does an excellent job of drawing your attention and preparing you for later work in psi. If you are unable to do this, substitute the flame in the following description for the focal object of your choice.

Take a candle into a dark quiet room, and place it somewhere free of clutter so you do not become easily distracted while meditating. Light the candle, and then sit comfortably one or two meters away from the candle.

Relax your body and mind as much as you can, and watch the candle flame. Do not strain your eyes while focusing on the candle flame, as the focusing you will be doing is in your mind, not in your eyes. Clear all of your thoughts, and focus them only on the flame. When thoughts come to your mind, be passive toward your thoughts, allowing them to pass over you and through you, but do not acknowledge the thoughts. Keep the entirety of your awareness only on the candle flame.

Continue to focus on the candle flame for around 45-60 minutes consecutively. If you find yourself distracted and losing focus, simply correct your focus and awareness back to the candle flame, and continue your practice. With practice, focal meditation will become easier, and you will be able to reach deep meditative states much more quickly.

Deep meditation

After meditating with complete focus on the candle flame for a while, you will begin to enter deeper meditative states. At first focal meditation will simply lead you toward a

calm and quiet state, followed later by a deeper collected focus. When your focus becomes more complete and you enter deeper meditative states, you will begin to experience tingling, buzzing, or vibrating sensations, which will also be followed by feelings of detachment. When these sensations occur, do not be frightened by them, but instead accept these sensations and welcome them. Allow those sensation to grow stronger as you fall into deeper and deeper meditative states.

Relaxing after meditation

When you have finished meditating, you should try to gradually return yourself to a normal state of mind. First begin by relaxing your mind, so that other thoughts can enter. Then you should calmly and slowly breathe in and out, and as you breathe in bring your awareness inward, and as you breathe out flush your awareness out, taking any excess energy with you down into the ground. When you have finished breathing in and out a few times like this, return your awareness to your normal surroundings and go about the rest of your day.

The added benefits of focal meditation

Psions use focal meditation to learn mastery of psi, but the benefits of focal meditation can flow throughout much of the psion's life. Regular practice of focal meditation yields greater mental focus in other cognitive activities. It also teaches greater mental discipline and self-control when facing daily struggles. Focal meditation brings a depth of confidence and awareness about the self which enhances interaction with others. And finally, focal meditation is the beginning of the psi philosophy that changing something in the external world always begins by first changing something within oneself.

« Last Edit: February 13, 2009, 02:17:46 PM by kobok »

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December 28, 2004, 07:02:18 PMReply #1

Adept

Posts By Osmosis

Offline

Posting chief

1145

Karma:

4

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Focal Meditation

This type of meditation is also helpful for the magician isn't it?

Logged

December 29, 2004, 08:37:12 PM Reply #2

Prophecy

Teacher Emeritus

Posts By Osmosis

Offline

Theurgist

1237

Karma:

80

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Veritas Teacher

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Focal Meditation

Meditation is helpful for anyone, with few exceptions.

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<http://www.thedivinescience.org>

December 30, 2004, 06:53:38 AM Reply #3

vashts

A Veritas Regular

Offline

**

Regular Member

92

Karma:

1

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Regular Member

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Focal Meditation

So what is void meditation good for?

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January 17, 2005, 06:21:29 AM Reply #4

Falcon
Posts By Osmosis

Offline

Vretsa Dcitoinray

702

Karma:

1

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Veritas Mentor

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Focal Meditation

Did you know if you perform void meditation you don't need as much sleep at night because your mind is resting.

I liked it kobok keep up the good work.

Logged

Finding some things difficult and need a extra hand, Apply for a mentor that's what were here for <http://forums.v society.net/index.php?topic=9706.0>

February 06, 2005, 10:50:03 AMReply #5

Oracle

Settling In

Offline

*

Regular Member

47

Karma:

0

Personal Text

Regular Member

[View Profile](http://www.freewebs.com/runescapelves/) <http://www.freewebs.com/runescapelves/>

Focal Meditation

excellent Kobok, great article, once again, my stock of Advil dropped dramatically, but it was a good article.

Logged

Those that were will never see

That we that are will never be

What those that were

Were hoping us to be.;)

[/COLOR][/SIZE][/FONT]

runescaper12@msn.com

March 22, 2005, 04:19:20 PMReply #6

psychicpenguin

Settling In

Offline

*

Greenhorn

19

Karma:

0

Personal Text

Greenhorn

View Profile <http://www.angelfire.com/rpg2/jedijenius>

Focal Meditation

Great, Kobok! Found it really useful. Maybe someone could write an article or start a thread suggesting some good places to meditate or how to find good places to meditate?

Logged

Somebody tell me.

Why it feels more real when I dream than when I am awake. - Kid

Paint chips and powerlines: my childhood rocks! - Fighter

A smile goes a long way

8-----)

May 15, 2005, 07:24:46 PMReply #7

Odisirus

Settling In

Offline

*

Greenhorn

10

Karma:

0

Personal Text

The Blind Taveler

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Focal Meditation

Very interesting. it's wierd though, once, i was focusing on the psiwheel, and i found i

had slipped into deep meditation with out much trying, though when i realized this, i slipped out and lost focus

Logged

One never needs their humor as much as when they argue with a fool.

May 23, 2005, 06:08:45 PMReply #8

Fortitudo Dei

A Veritas Regular

Offline

**

Regular Member

88

Karma:

0

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Regular Member

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Focal Meditation

If a flame hurts your eyes, can the use of a mandala be a substitute?

Logged

"To pity distress is human. To relieve it is godlike."

May 25, 2005, 12:24:06 PMReply #9

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

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Veritas Council

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Focal Meditation

Quote from: Silver_Haze

If a flame hurts your eyes, can the use of a mandala be a substitute?

If the flame hurts your eyes, you're probably sitting too close. Sit back farther. This exercise should put no strain on your eyes, as the focus is in your mind, not in your eye.

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May 28, 2005, 09:29:49 PMReply #10

lavas

A Veritas Regular

Offline

**

Regular Member

73

Karma:

0

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Contradictory

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Focal Meditation

I think what Silver_Haze means is the same effect you get at staring at the sun. When you stare at any source of light for a long time, focusing your eyes or not, the photoreceptive cone cells in the back of your eyes are bombarded with energy, producing the negative image "burned into your eyes" that lasts for a while after you stop staring. It could also make your eyes feel really tired, even if they were unfocused.

Now, what I'm interested in, is void meditation. Does it really help your mind rest faster, thus decreasing optimal sleep time?

Logged

QUOTES:

"There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."

-- William Shakespeare, Hamlet

June 09, 2005, 02:38:50 AMReply #11

Rawiri

Veritas Teacher

Posts By Osmosis

Offline

Wandering Nomad

928

Karma:

41

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Veritas Teacher

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Focal Meditation

Yes, void meditation can do this, but it is not being at the void state itself that does this, it is getting there. Throughout everyday you are bombarded with thoughts, a few of these you pay attention to and all the rest are "stacked away" on shelves.

Now usually through sleep your mind looks at all these thoughts, but there are still alot that are not looked at usually and these build up. Before one can properly reach a void state, without blatantly ignoring all thoughts, which I have found just to create troubles and annoyance with meditation full stop. One has to watch one's thoughts and allow the "shelves" to be emptied, so to speak, then, once your mind has looked at all the thoughts, a sudden calmness will overcome you.

Now when in this calmness, your mind can truly rest, no need to organize thoughts etc, along with this, when you sleep your mind will have less thoughts to overlook, so can spend more time actually resting.

Logged

June 23, 2005, 01:18:50 PMReply #12

ABustedWatch

New Member

Offline

*

Greenhorn

1

Karma:

0

Personal Text

Greenhorn

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Focal Meditation

Excellent article. So simply stated, yet the effort is quite a bit involved. I thought I had good focal meditation, but I will continue my practicing.

Logged

July 13, 2005, 07:21:14 PMReply #13

SleepWalker

Posts By Osmosis

Offline

Pool Boy

588

Karma:

2

Personal Text
Pinkus Elephantus
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Re: Focal Meditation

Very nice I feel I've seen it before, but written differently
void meditation has beneficial effects also does it not?
focusing on nothing is much the same as focusing on something correct?
One is assumed more difficult perhaps?

Logged

How can you explain freedom, never having experienced it.
From the moment we are born we conform to the physical world. In narrow awareness of
all that there is to perceive.

Try Tachyon[/URL

July 15, 2005, 05:52:39 PMReply #14

kakkarot

Posts By Osmosis

Offline

0. The Fool... Inverted?

2701

Karma:

3

Personal Text

Pirate "Not-A-Mod" BoB

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Re: Focal Meditation

Um, one is assumed more impossible. You don't focus on nothing in void meditation,
you empty yourself and become nothing.

~kakkarot

Logged

Philippians 2:5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in
very nature God, did not consider equality with God something to be grasped, 7 but
made himself nothing, taking the very nature of a servant, being made in human
likeness.

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Author Topic: Focal Meditation (Read 314457 times)

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July 17, 2005, 06:41:29 AMReply #15

SleepWalker

Posts By Osmosis

Offline

Pool Boy

588

Karma:

2

Personal Text

Pinkus Elephantus

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Re: Focal Meditation

you merely edited my words into your perspective, void meditation, focusing on not focusing, in an effort to become free of thought.

the process is not impossible,

the void state would prove rather near impossible though to attain.

If you were to focus on all things would your focus be on that of the void?

What is your understanding of the term void?

Does void not contain all things and none at the same time?

Logged

How can you explain freedom, never having experienced it.

From the moment we are born we conform to the physical world. In narrow awareness of all that there is to perceive.

Try Tachyon[/URL

July 18, 2005, 05:47:43 AMReply #16

kakkarot

[Posts By Osmosis](#)

Offline

0. The Fool... Inverted?

2701

Karma:

3

Personal Text

Pirate "Not-A-Mod" BoB

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Re: Focal Meditation

Void is empty. Void meditation isn't "meditating on nothing", it isn't "focusing on the void while you meditate", it isn't "focus on not focusing". It is letting go of all those things and everything else to simply *be* empty rather than /think/ empty. Difference between thinking and doing: in your mind think about lifting your arm, and then let go of that thought and actually lift your arm instead of just thinking about lifting your arm.

It's like having a glass full of oil, and trying to empty the glass by pouring in water (because oil will rise above water and eventually flow over the edges if you add enough water); you now have a clearer and more fluid substance in the glass, but the glass is not empty. To empty the glass, you tip it over and remove as much substance as possible from within it and leave it tipped over for the water droplets on the inside of the

glass to eventually leave as well.

~kakkarot

Logged

Philippians 2:5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be grasped, 7 but made himself nothing, taking the very nature of a servant, being made in human likeness.

July 19, 2005, 03:47:36 PMReply #17

Sekhmet

Posts By Osmosis

Offline

Greenhorn

661

Karma:

1

Personal Text

Warrior...Not Princess... Klutz...

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Re: Focal Meditation

so what do you do about fear of starting a fire? the author didn't cover this.

that fear is actually quite distracting. what I tried was a black construction paper set-up with a white star on it. for focusing that is. then I got all twitchy.

you can't do meditations like this outside in nature either unless you have a nice hard surface of concrete to do it in.

just a thought.

Logged

Boo-ya!

July 20, 2005, 09:13:44 AMReply #18

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text
Veritas Council
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Re: Focal Meditation

Quote from: Sekmet on July 19, 2005, 03:47:36 PM

so what do you do about fear of starting a fire? the author didn't cover this.

Avoid doing it around flammable objects? Candles are safe if placed in non-flammable locations. Observe the same safety precautions you would anytime you use a candle.

Beyond that, your focus should be on the candle flame itself, not on fears.

Logged

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July 20, 2005, 05:58:51 PMReply #19

Sekhmet

Posts By Osmosis

Offline

Greenhorn

661

Karma:

1

Personal Text

Warrior...Not Princess... Klutz...

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Re: Focal Meditation

and this is something I do more or less with a great deal of water standing by, a nice glass chalice, and very deep candle holders, tea lights are dangerous.

but yes, the fear of starting a fire.

well off to meditate now.

Logged

Boo-ya!

July 26, 2005, 07:20:09 PMReply #20

SleepWalker

Posts By Osmosis

Offline

Pool Boy

588

Karma:

2

Personal Text

Pinkus Elephantus

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Re: Focal Meditation

Quote from: kakkarot on July 18, 2005, 05:47:43 AM

Void is empty. Void meditation isn't "meditating on nothing", it isn't "focusing on the void while you meditate", it isn't "focus on not focusing". It is letting go of all those things and everything else to simply *be* empty rather than /think/ empty. Difference between thinking and doing: in your mind think about lifting your arm, and then let go of that thought and actually lift your arm instead of just thinking about lifting your arm.

It's like having a glass full of oil, and trying to empty the glass by pouring in water (because oil will rise above water and eventually flow over the edges if you add enough water); you now have a clearer and more fluid substance in the glass, but the glass is not empty. To empty the glass, you tip it over and remove as much substance as possible from within it and leave it tipped over for the water droplets on the inside of the glass to eventually leave as well.

~kakkarot

So we are actually in agreeance our terms are merely different. :elephant:

Logged

How can you explain freedom, never having experienced it.

From the moment we are born we conform to the physical world. In narrow awareness of all that there is to perceive.

Try Tachyon[/URL

July 28, 2005, 11:32:28 AMReply #21

Xiphre

A Familiar Feature

Offline

Hundred-plus Club

149

Karma:

0

Personal Text

Hundred-plus Club

[View Profile](#)

Re: Focal Meditation

Nice article, Ive used this in martial arts. I like to use Focal Meditation in school especially study hall when i have nothing to do i just focus on something for awhile, etc. Afterwards im usually a little bit more awake in school, but that would make sense since meditation is kinda refreshing your mind. :cool:

-X-

Logged

Call me X if you will...long storie behind that nickname.

July 29, 2005, 09:29:24 AMReply #22

ChezNips

Teacher Emeritus

Posts By Osmosis

Offline

Veritas Teacher

1722

Karma:

7

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Re: Focal Meditation

I'd like to add that when you are meditating and the fears crop up or you feel emotions like anger, then you are not in a meditative deep state. When you are in that state, its a release of the thoughts that keep you pegging in the time/space factor and not relaxed. You need to either focus on something to keep the mind passively focused or to dismiss stray thoughts insted of engaging in them. The mind will stay in beta or snap back into beta state if a thought is engages such as a fear or thoughts of anger. While meditating the idea is to release the hold of consciousness meaning that we start to notice less and less of where we are sitting, the aches and pains of our bodies, stray sounds, or even the passage of time.

Logged

some days you're the bug, some days you're the windshield.

July 31, 2005, 09:13:22 PMReply #23

Aos711

A Veritas Regular

Offline

**

Greenhorn

65

Karma:

0

Personal Text

I'm confused....do u really expect me to know why?

[View Profile](#)

Re: Focal Meditation

how do u achieve void meditation?

« Last Edit: July 31, 2005, 09:15:11 PM by Aos711 »

Logged

Agility is the way you run when an angry dog is behind you. :eek:

August 02, 2005, 02:37:44 AMReply #24

SleepWalker

Posts By Osmosis

Offline

Pool Boy

588

Karma:

2

Personal Text

Pinkus Elephantus

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Re: Focal Meditation

Quote from: -}Star{- on July 29, 2005, 09:29:24 AM

I'd like to add that when you are meditating and the fears crop up or you feel emotions like anger, then you are not in a meditative deep state. When you are in that state, its a release of the thoughts that keep you pegging in the time/space factor and not relaxed. You need to either focus on something to keep the mind passively focused or to dismiss stray thoughts insted of engaging in them. The mind will stay in beta or snap back into beta state if a thought is engages such as a fear or thoughts of anger. WHile meditating the idea is to release the hold of consciousness meaning that we start to notice less and less of where we are sitting, the aches and pains of our bodies, stray sounds, or even the passage of time.

If you experience something in your meditation you have not before, fear is the expected occurance.

For example the first tim you astral, the fear can be quite extroardinary.

Quote from: Aos711

how do u achieve void meditation?

It is not something that can be achieved in the truest sense, It's more of a concept.
Focal meditation is your best bet.

Logged

How can you explain freedom, never having experienced it.

From the moment we are born we conform to the physical world. In narrow awareness of all that there is to perceive.

Try Tachyon[/URL

August 04, 2005, 04:50:11 AMReply #25

Gond

New Member

Offline

*

3

Karma:

0

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Re: Focal Meditation

I already use glasses, and maybe two meters can prevent bad things to the eyes, but, if we are supposed to look to a candle with the mind and not exactly with the eyes, then it is supposed not to look really to the candle, but to anywhere close to the candle and focus on the candle, and see it, but not in the middle of the vision camp, maybe on the left upper corner, is this correct, and we aren't looking to the candle, but we are still focused on it, is this correct?

Logged

August 07, 2005, 11:18:08 AMReply #26

SleepWalker

Posts By Osmosis

Offline

Pool Boy

588

Karma:

2

Personal Text

Pinkus Elephantus

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Re: Focal Meditation

To be aware of the candle and to draw focus is the reason for it.

You can envision the candle in your mind as long as you are in awareness of the candle.

Ofcourse if you do not look at the candle you cannot see any results.

Perhaps meditate on the envisioned flame and look at it only when you are manipulating

it.

Logged

How can you explain freedom, never having experienced it.

From the moment we are born we conform to the physical world. In narrow awareness of all that there is to perceive.

Try Tachyon[/URL

September 24, 2005, 08:44:57 PMReply #27

Sai Astar

Settling In

Offline

*

16

Karma:

0

Personal Text

Laugh, cry, and smell the roses ^_^

View Profile

Re: Focal Meditation

Question!

What am I to expect from focal meditation? Pardon my noviceness in psionics but what results should I expect and when do I know that I have mastered it? The easiest thing to say would be that I should try it and see for myself, but I just want to know if there is a standard for everyone.

I have worked with psionics without knowing it, just by focusing on objects with my mind for extended periods of time, such as candles, weapons, grass, and other inanimate objects. Is there anything standard or widely excepted about what should happen or what I should feel?

Logged

September 25, 2005, 01:25:43 AMReply #28

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: Focal Meditation

Quote from: Sai Astar on September 24, 2005, 08:44:57 PM

What am I to expect from focal meditation? Pardon my noviceness in psionics but what results should I expect and when do I know that I have mastered it? The easiest thing to say would be that I should try it and see for myself, but I just want to know if there is a standard for everyone.

...

Is there anything standard or widely excepted about what should happen or what I should feel?

There are variances in the experience for different people, but the general trends are described under the section "Deep meditation".

Logged

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November 22, 2005, 11:02:22 PMReply #29

Fou Lu

A Veritas Regular

Offline

**

75

Karma:

0

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Re: Focal Meditation

Can we focus on the object in our mind? For example, can I close my eyes and picture an object, and focus on that? Would that be of any more or less benefit?

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Author Topic: Focal Meditation (Read 318120 times)

0 Members and 1 Guest are viewing this topic.

November 22, 2005, 11:52:48 PMReply #30

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text
Veritas Council
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Re: Focal Meditation

Quote from: Fou Lu on November 22, 2005, 11:02:22 PM

Can we focus on the object in our mind? For example, can I close my eyes and picture an object, and focus on that? Would that be of any more or less benefit?

Yes, this works too. It's the focus which is important for focal meditation, not the target. External objects to focus on, especially alluring ones, can be much easier to work with when beginning, and provide a more potent method of regaining ones focus. But focusing internally is more convenient in the long run, because you will always have your mind with you, even when you don't have a candle.

In addition to the candle being an object which naturally attracts attention, it provides an ideal transition to kinesis practice, and for this reason makes a particularly useful starting point.

« Last Edit: November 23, 2005, 12:00:09 AM by kobok »

Logged

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December 03, 2005, 01:15:13 PMReply #31

Nirioso

New Member

Offline

*

2

Karma:

0

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Re: Focal Meditation

I have a question. It may depend on the person, but...

Would listening to some music help?

Or do you think that'd be too much of a distraction? :p

and please don't flame me for bringint the topic back to life.): I hadn't looked at the last date..

Logged

December 04, 2005, 10:12:31 AMReply #32

Falcon
Posts By Osmosis

Offline

Vretsa Dcitoinray

702

Karma:

1

Personal Text

Veritas Mentor

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Re: Focal Meditation

The point of Focal meditation is to concentrate on a single point, so music will distract you.

Normal meditation is fine to have a bit of music on in the background!

Logged

Finding some things difficult and need a extra hand, Apply for a mentor that's what were here for <http://forums.v society.net/index.php?topic=9706.0>

December 06, 2005, 04:20:21 PMReply #33

Nirioso

New Member

Offline

*

2

Karma:

0

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Re: Focal Meditation

Oh.... that's sort of impossible for me to do. Its pretty noisy at my house.... maybe before bed when everyone else is sleeping... :|

Logged

December 16, 2005, 04:31:09 AMReply #34

sarpesius

A Veritas Regular

Offline

**

59

Karma:

-1

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Re: Focal Meditation

Anything can be used to focus on.

If there is music focus on one aspect of the music.

You can focus on looking at a single spec of lint on the floor.

Having to fight off the music may increase your concentration.

You can practice mindfulness just walking down the street or doing anything.

You can practice focusing on a single thought.

Logged

In the Middle Ages and Renaissance, the equivalent of shrinks were torturing and burning you. Now you tell people to go to them and think you are being helpful. What a fool you are.

January 24, 2006, 03:24:30 PMReply #35

amidos

New Member

Offline

*

2

Karma:

0

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Re: Focal Meditation

~TAO~

"Into a soul absolutely free
From thoughts and emotion,
Even the tiger finds no room
To insert its fierce claws.

....

....

Victory is for the one,
Even before the combat,
Who has no thought of himself,
Abiding in the Thoughtless state of True Origin."

The Taoist poet of a by-gone time stresses more and more on the achievement of the

state of thoughtless purity. Clarity of sight and action, that is not rendered impure nor distracted by any way by the waves of thought, in the tranquil lake of Mind, seems to be the loftiest of spiritual ideals. Something akin to the "Nirvikalpam" state of Vedanta, or the beginning of Yoga Sutras of Seer Patanjali. "Yogas-Chitta_vritti_Nirodha" ~ meaning,

"Yoga" is the method of obliterating all blemishes or ripples of thought from the mind lake, or Chitta.

Logged

Spread the spirit of friendship.

February 23, 2006, 08:24:06 PMReply #36

AngryLeprachaun

Posts By Osmosis

Offline

Freelance Leprechaun

555

Karma:

-1

Personal Text

VERITAS LEP

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Re: Focal Meditation

I heard or read in this book awhile ago that evil spirits from the underworld or hell, could pass and stay in your body when doing deep meditation. Is this true?

-AngryLep-

Logged

...:Believe:...:

February 24, 2006, 08:02:53 PMReply #37

zaigon

A Familiar Feature

Offline

170

Karma:

0

Personal Text

I have been crushed, nothing left to do but rise

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Re: Focal Meditation

AngryLeprachaun, I do not claim to be a meditation expert, heck, all i know is pretty

much what i have read from this site, but I do not believe that would be true, or else someone would have mentioned it here or in another topic. If an evil spirit was to inhabit ones body while they are meditating then many of the people here would probably tell you NOT to meditate while it is quite the opposite. But i guess there is a possibility that i may be wrong. I have seen things on TV and such where, while people were meditating, supposedly spirits of the dead came and the meditating person would begin drawing or writing, supposedly with handwriting, writting style, or art style of the spirit that was pocessing their body or whatever. Not entirly sure that i believe it, but i'm not entirly sure what to believe these days.

Overall. I'd say no. If someone who has more experience can say otherwise then i'd listen to them.

Logged
V|e|r|i|t|a|s my antidrug
February 26, 2006, 08:47:48 AMReply #38
AngryLeprachaun
Posts By Osmosis

Offline

Freelance Leprechaun
555
Karma:
-1
Personal Text
VERITAS LEP
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Re: Focal Meditation

Well, it does seem logical in a way though. When you are meditating, you open you mind and let almost "anything past it". Therefore, if you were meditating and an evil spirit happened to come and pass through your mind and somehow locked itself in your body, then you are so called pocessed. Well, I would like to hear an experts point of view also.

-AngryLep-
Logged
...:Believe:...
February 26, 2006, 01:57:49 PMReply #39
kobok
Tech Team
Posts By Osmosis

Offline

Veritas Council
5000
Karma:
174
Personal Text
Veritas Council
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Re: Focal Meditation

Quote from: AngryLeprachaun on February 26, 2006, 08:47:48 AM

Well, it does seem logical in a way though. When you are meditating, you open your mind and let almost "anything past it". Therefore, if you were meditating and an evil spirit happened to come and pass through your mind and somehow locked itself in your body, then you are so called pocessed. Well, I would like to hear an experts point of view also.

You let distractions pass by without accepting them, but in actuality, you are focusing and strengthening yourself while doing this. In fact, if you note question 4.3 of the Psi FAQ, you'll see that meditation can actually improve your defense more rigorously and deeply than shielding.

Rather than worrying about being governed by evil spirits though, it is far more insightful to worry about not being in control of yourself much in the first place. People who do not meditate have their lives and choices more frequently governed by distractions, while those who meditate properly end up in more consistent control of their own lives and actions.

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March 03, 2006, 04:17:41 PMReply #40

AngryLeprachaun
Posts By Osmosis

Offline

Freelance Leprechaun
555
Karma:
-1
Personal Text
VERITAS LEP
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Re: Focal Meditation

That is what I wanted to hear. Thank you, Kobok.

-AngryLep-

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...:Believe:...

May 21, 2006, 04:35:11 PMReply #41

Psionic

New Member

Offline

*

1

Karma:

0

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Re: Focal Meditation

I have two simple questions I would like to ask regarding Focal Mediation.

1) Does the focal mediation becomes difficult or easier with age? People often starting out later in their lives, is there any difference in access Psi energy when much older?

2) Sometimes people may have physical limitation that interferes the focal mediation and what can they do about this?

I refer to tinnitus (the audio malfunction ringing the ears) and having the body being stiff for long periods of time that could cause discomfort.

Thanks,

Logged

Nothing is your fault.

Everything is your responsibility.

-- Louix Dor Demprier

May 21, 2006, 09:15:09 PMReply #42

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: Focal Meditation

Quote from: Psionic on May 21, 2006, 04:35:11 PM

1) Does the focal mediation becomes difficult or easier with age? People often starting out later in their lives, is there any difference in access Psi energy when much older?

Age has no fundamental effect. But there is a tendency for young people to not be used to sitting still for long, moreso in some cultures than in others. This is made irrelevant by a little dedication and practice, after which one just becomes used to it.

Quote from: Psionic on May 21, 2006, 04:35:11 PM

2) Sometimes people may have physical limitation that interferes the focal mediation and what can they do about this?

I refer to tinnitus (the audio malfunction ringing the ears) and having the body being stiff for long periods of time that could cause discomfort.

Fundamentally, tinnitus should have no more effect than you permit it to have, as this would be the same as any other background sensation that you learn to ignore as you are focusing on the target. To make this easier for beginners, there are a few steps you could take which should reduce the effect of tinnitus while meditating, such as the presence of a metronome or of background white noise.

As for the body being stiff, find ways to make it comfortable. You could even do focal meditation in a heated spa. And if necessary it is acceptable to shift positions slightly every 10-15 minutes or so. The distraction from this will be minimal and with practice you should be able to quickly return to your previous depth.

Logged

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April 11, 2007, 02:23:45 PMReply #43

cloudrise

New Member

Offline

*

1

Karma:

0

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Re: Focal Meditation

quick question. i just started on this and after a while the wall and stuff sitting behind the candle started to turn black and i couldnt see it. all i could see was the candle. but this

effect only lasted for a few seconds before the background came back into focus. is this normal for a first timer??

Logged

April 11, 2007, 07:02:04 PMReply #44

Tsumaru

Posts By Osmosis

Offline

1780

Karma:

0

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Re: Focal Meditation

This is perfectly normal for everybody and shows that you're doing the meditation properly (ie, you're not moving your eyes around or adjusting focus etc) In fact, as you continue to progress you'll probably notice a few trippy things like that happening. Just remember to keep gazing at the candle and don't get distracted as these occur due to the focus and will stop when you break that focus.

Logged

Quote from: Hech on November 19, 2008, 03:59:48 PM

don't believe everything you read... especially if it comes from me.

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Author Topic: Focal Meditation (Read 297924 times)

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April 11, 2007, 09:22:18 PMReply #45

Winds mover001

A Familiar Feature

Offline

103

Karma:

0

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Re: Focal Meditation

At the beginning of the article, I think kobok hit the nail in the wall, or how should I say it the neuron to spark... Meditation is the way. I also caution to the wind from personal experience that that can open good and bad doors. You simply need to learn how to do it. It's like anything in life, you either have a "knack" to learn it or you won't. Some can be apprentices or masters. You just have to put your mind to it, and you can do it.

In earlier posts it was asked if music can help this. I think that depends on an individual

basis. Music can also be a learning experience. I'd like to quote a few words from a song, if I may, and please correct me if I'm not allowed to do that.

...."the man who will cover for Don Juan's old soothsayer. An appeased has been reached with the teacher of the rich..."---Performed by PET SHOP BOYS song title: "Don Juan" from the album "Alternative"

« Last Edit: April 11, 2007, 09:31:04 PM by Winds mover001 »

Logged

April 24, 2007, 12:33:05 PMReply #46

kingdom

New Member

Offline

*

4

Karma:

0

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Re: Focal Meditation

what is meditation ive read lots of articles and i concluded that its just clearing your mind for a peiroad of time but how does that help psiioncs

Logged

April 24, 2007, 09:26:07 PMReply #47

Felidae

A Veritas Regular

Offline

**

85

Karma:

23

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Re: Focal Meditation

Meditation is a fairly broad term for a series of disciplines wich have the end result if noit the goal-some forms of meditation especially are almost anti-goal, and focusing on the goal rather than the practice in the rest is an issue- of developing the awareness. Since psionics is based upon leaning to use ones base awareness and then extend it outwards to explore the realm of consiousness and intersection with physical, meditation is of primary importance.

Logged

May 13, 2007, 03:54:06 PMReply #48

Dimentio

New Member

Offline

*

1

Karma:

0

[View Profile](#) [Krayzier's Krapshack](#)

Re: Focal Meditation

Tinnitus was mentioned earlier.

Aside from white noise or a metronome, you could also try binaural beats. They have been shown by several studies to influence brainwaves, which is really good for beginners. Not to mention it could help block off background noise.

Gnaural is a free program that generates these beats. It runs under Windows and Linux, and can let you customize the beats however you wish. For those who don't want to download , go through the hassle of compiling it themselves, or those who use Macintosh OS X, there is also a java version. It's a bit like the Ganzfeld Meditation Applet. (But it doesn't have the cool swirls :())

I have wondered about over-dependence though, so I suggest practicing without it as well.

« Last Edit: May 13, 2007, 04:08:02 PM by Dimentio »

Logged

October 17, 2007, 08:18:34 AMReply #49

Frostlock

Settling In

Offline

*

13

Karma:

0

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Re: Focal Meditation

Sorry for ignoring the out of date thing..lets say i can now deep meditate easily and i do it very well..what would be the next step in learning psi?

Logged

November 22, 2007, 06:44:37 PMReply #50

Secret Rose

New Member

Offline

*

7

Karma:

0

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Re: Focal Meditation

Tinnitus was mentioned earlier, I have tinnitus and vertigo (dizziness) and I don't seem to be bothered with that as long as I don't concentrate on it. I don't know why but the past couple of days I've kind of been zoning out really quickly as if in meditation, for no reason. Like I'll be putting something into the refrigerator and then I won't really be aware of my surroundings and time seems to pass by very slowly. Or if I'm looking at something my eyes will automatically defocus from everything for awhile. <---What does this mean?

Also, when I get dizzy spells sometimes I'm almost automatically placed into a meditative state because I can't really focus at all on the things going around me, and I can't do anything but just sit and basically do nothing. I can't process thought either. But I'm positive this isn't exactly a meditative state.

Sorry for the length of my post, but I have one more question, Would meditation possibly calm down an asthma attack? Or would it be too hard to reach that state of mind in that condition? I have recurring asthma and sometimes my medication does not always work.

Thank you for your help!

~Secret Rose

Logged

April 13, 2008, 01:55:47 PMReply #51

BohmaN

A Veritas Regular

Offline

**

83

Karma:

0

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Re: Focal Meditation

I've heard from some people that letting your eyes focus on a distinct point could cause retinal damage if done too much. Is that true?

Logged

April 13, 2008, 05:54:57 PMReply #52
Bad Warrior
A Familiar Feature

Offline

103

Karma:

0

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Re: Focal Meditation

From simple biological view, it's not.

Focusing your view on a distant point is made by lens in your eye changing it's shape.

Unless you spend 5 years of nonstop focusing on distant shapes, nothing will happen.

Of course if after focusing you look at things close to you, to make your lens go to other shape.

You should look about the same amount of time at distant and close points through your life, and if you don't have any eye worsening genes and you eat well, your eyes should be good :)

[with age lenses tend to congeal (people say it's because you don't eat butter) and you may see worse, at this point of view

"letting your eyes focus on a distinct point could cause retinal damage if done too much" but only if you do it really much]

Do you understand, or should I post here how lenses in eyes shape to let you focus on distant and close shapes?

Logged

In vino veritas!

September 24, 2008, 12:33:02 AMReply #53

wneo1982

New Member

Offline

*

1

Karma:

0

Personal Text

925553303303

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Re: Focal Meditation

now i know why i was awake for 4 continues days :)

Logged
October 15, 2008, 12:43:15 PMReply #54
supadude
Posts By Osmosis

Offline

Super Villain
834
Karma:
16
View Profile

Re: Focal Meditation

Ive always had a problem with meditation, i never seem to be able to go into that meditative state of peace, i know your not waiting for any particular outcome of it, it just seems that i can go in, but never any deeper =/

Logged
http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded
A must see study for all!
<https://www.youtube.com/channel/UCVWUFDDyAHmC2k1m2rnGvQw>
My youtube channel

The proud owner of the 200,000th post made on Veritas.
October 15, 2008, 02:27:57 PMReply #55
Big Boss
Posts By Osmosis

Offline

Friggen Crazy
1458
Karma:
3
Personal Text
Owner of 100000 V-Points
View Profile I'm a trendy blogger now.

Re: Focal Meditation

There seems to be this common misconception about meditation round these parts. The esoteric "ZOMG I can meditate for 12 hours on end and no one can interrupt me while I do the splits and MEDITATE and find my place in the universe blah blah blah" is a meditation saved for Monks and Yogis who do nothing BUT meditate for 12 hours a day. You will not achieve perfect Zen meditation in 15 minutes, or even 15 months. Look at 15+ years to get the meditation everyone thinks we are talking about on Veritas.

Focal meditation is just that. It is sitting down for a bit and clearing your mind of everything but one singular thought process. In this article, the example is clearing your mind of everything except the flame you are staring at. When you are attempting kinesis, your single thought is on kinesis. When you are building a construct, you think of nothing but the construct. You are developing focus on one thing. It will not be perfect in one day. You may even struggle for a few moments at a time after practicing for a few months, but if you are focusing better after fifteen minutes of following kobok's advice, you have succeeded in at least a small way and are on the fast track to improvement.

Logged

Join my Folding@Home team and do some good! #159490

Details at <http://folding.stanford.edu/>

October 16, 2008, 11:14:37 AMReply #56

supadude

Posts By Osmosis

Offline

Super Villain

834

Karma:

16

[View Profile](#)

Re: Focal Meditation

lol, i see your point, but couldnt hemi-sync cd's help with that?

Logged

http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded

A must see study for all!

<https://www.youtube.com/channel/UCVWUFDDyAHmC2k1m2rnGvQw>

My youtube channel

The proud owner of the 200,000th post made on Veritas.

October 17, 2008, 03:29:22 AMReply #57

Big Boss

Posts By Osmosis

Offline

Friggen Crazy

1458

Karma:

3

[Personal Text](#)

Owner of 100000 V-Points
View Profile I'm a trendy blogger now.

Re: Focal Meditation

Give them a try. Some people say they work, others say they are a distraction. My only suggestion would be a word of caution against relying on a crutch to meditate. It'd be like a band that got really good while they were high, and then when their big show came up, they couldn't find any drugs so the show sucked. Sure, maybe the drugs inspired their creativity, but without it, they lost everything.

That's probably not the best metaphor, but I think you get the idea.

Logged

Join my Folding@Home team and do some good! #159490

Details at <http://folding.stanford.edu/>

October 23, 2008, 08:16:53 AM Reply #58

supadude

Posts By Osmosis

Offline

Super Villain

834

Karma:

16

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Re: Focal Meditation

Quote from: Big Boss on October 17, 2008, 03:29:22 AM

Give them a try. Some people say they work, others say they are a distraction. My only suggestion would be a word of caution against relying on a crutch to meditate. It'd be like a band that got really good while they were high, and then when their big show came up, they couldn't find any drugs so the show sucked. Sure, maybe the drugs inspired their creativity, but without it, they lost everything.

That's probably not the best metaphor, but I think you get the idea.

yes, but you could look at the crutch as a help for a man too weak to walk, so he uses the crutches to support him until he is able to stand on his own.

Logged

http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded

A must see study for all!

<https://www.youtube.com/channel/UCVWUFDDyAHmC2k1m2rnGvQw>

My youtube channel

The proud owner of the 200,000th post made on Veritas.

January 01, 2009, 05:31:19 PMReply #59
disciple of the ages
Settling In

Offline

*

30

Karma:

0

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Re: Focal Meditation

I never knew this type of meditation existed, but I did this all the time as a child. I had very bad ADD (still do :p) but I would always focus on a specific light in my room and everything else would grow exceedingly dark, until nothing else existed in my visual area. In this time, there were many concepts that came to me. I should try doing this again with the candle. Thanks for the original post kobok!

Logged

If you're passing by, feel free to give me a click every so often!

A wise man speaks because he has something to say, a fool, because he must say something. ~ Plato

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Author Topic: Focal Meditation (Read 297924 times)

0 Members and 2 Guests are viewing this topic.

January 01, 2009, 06:51:23 PMReply #60

Dazza

Settling In

Offline

*

45

Karma:

-2

Personal Text

Rise up and become light!

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Re: Focal Meditation

Quote from: supadude on October 23, 2008, 08:16:53 AM

Quote from: Big Boss on October 17, 2008, 03:29:22 AM

Give them a try. Some people say they work, others say they are a distraction. My only suggestion would be a word of caution against relying on a crutch to meditate. It'd be like a band that got really good while they were high, and then when their big show came up, they couldn't find any drugs so the show sucked. Sure, maybe the drugs

inspired their creativity, but without it, they lost everything.

That's probably not the best metaphor, but I think you get the idea.
yes, but you could look at the crutch as a help for a man too weak to walk, so he uses the crutches to support him until he is able to stand on his own.

About hemisync, the gateway experience in particular, I used to practice these a couple of years ago and if you are doing them properly they are seen as training wheels which are to be dropped when you don't need them anymore. In fact when I tried the technique by itself without audio I was surprised to find it worked even better than usual! I guess it was because I had become used to it in some degree and I could also go at my own pace.

But back to topic, I would recommend it for lucid dreaming and getting into the body asleep/mind awake stage but not focal meditation. Patience and consistency will help you get into deep meditation.

Logged

March 01, 2010, 10:26:21 PM Reply #61

Epsilon Rose

Settling In

Offline

*

14

Karma:

0

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Re: Focal Meditation

Sorry for resurrecting this topic but it seems to be the best place for questions about focal meditation.

I'm just starting and I'm using an ace of spades as a focus because candles don't work for me for various reasons and I've come up with three questions that I was hoping to get some help sorting through:

1. what's the difference between just staring at some thing and not thinking about other things and focusing on something?

2. I get to a point where every thing but the card disappears into a black field with a strobing pattern, but it quickly goes back to what it was directly before (every thing around the card looks like it was rendered by a glitching graphics card) or normal, and blinking extra or breathing deeper make it disappear faster (through out this the card is at least as clear as normal, sometimes the wight parts become slightly luminescent). So this actually results in two questions: a) is this supposed to happen and b) if so why does it keep going away?

3. my eyes tend to get slightly dry and very teary which causes me to blink extra and harder which disrupts my focus, any tips on preventing this?

thank you

Logged

"Embrace nothing: If you meet the Buddha, kill the Buddha. If you meet your father, kill your father. Only live your life as it is, Not bound to anything" -Gautama Siddharta

March 14, 2010, 08:45:46 PMReply #62

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

4988

Karma:

171

Personal Text

Veritas Council

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Re: Focal Meditation

Quote from: Epsilon Rose on March 01, 2010, 10:26:21 PM

1. what's the difference between just staring at some thing and not thinking about other things and focusing on something?

Not thinking simply describes what's not happening. Focusing is actually DOING something, because one's attention is actually asserted toward the thing. This is in some sense an active process.

Quote from: Epsilon Rose on March 01, 2010, 10:26:21 PM

2. I get to a point where every thing but the card disappears into a black field with a strobing pattern, but it quickly goes back to what it was directly before(every thing around the card looks like it was rendered by a glitching graphics card) or normal, and blinking extra or breathing deeper make it disappear faster (through out this the card is at least as clear as normal, sometimes the wight parts become slightly luminescent). So this actually results in two questions: a) is this supposed to happen and b) if so why does it keep going away?

This is quite normal, so you shouldn't be concerned. You also shouldn't worry about it coming or going too much, because the focal meditation is ultimately not about these transitory visual effects. They just often happen as a side-effect of the normal process.

Quote from: Epsilon Rose on March 01, 2010, 10:26:21 PM

3. my eyes tend to get slightly dry and very teary which causes me to blink extra and harder which disrupts my focus, any tips on preventing this?

Yes, relax your eye muscles, and also allow your eyes to blink normally. You do not focus with your eyes, you focus with your mind.

Logged

Latest article: Construct Dynamics

Want to learn psi? Check out our collection of psi articles.

August 02, 2010, 11:37:23 AMReply #63

harder

New Member

Offline

*

1

Karma:

0

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Re: Focal Meditation

Hello,

Wow this is really very good information. i really didn't have enough information about this Focal Meditation. but after knowing this i will also try this. thanks for this wonderful information.

thanks!!

guided meditation

Logged

September 17, 2010, 09:10:00 PMReply #64

AriesofGod

Settling In

Offline

*

10

Karma:

0

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Re: Focal Meditation

Wow! I had been looking so forward to this since about Wednesday. I legitimately have not had 'all that' much time for it and most definitely have not been feeling well, considering I just recently came down with one of my seasonal sinus infections :^(It surely has only gotten worse since then, and so has my attitude. But as I am a strong

believer in consulting the tarot they have never led me wrong and encouraged me to keep fighting.

I didn't have a candle, but I after relieving some stress ^^ and a hot shower, there was no doubt in my mind that NOW was the time. I sat, where I know will be the clearest area of my house and bedroom, kept on the dimmest light I have (a not too dim lamp, or not dim enough rather) and sat on the floor, NOT intending to necessarily do any focal meditation. After having read a slight bit about kundalini and watching the youtube video I saw in the 'kundalini' post, I decided it would be best to just get comfortable (in a position I was hardly comfortable in on a hardwood floor) , clear my mind and gradually work myself into comfortability and different rhythms of breathing as it felt right. Side Note: I am NOT a major or regular practitioner of, well, anything really, though in the past five years I have done a considerable amount of dabbling in 'AP,' a bit of shamanism (I know, lol, it's not really shamanism if it's just ' a bit'), Tarot (I only recently found great use for it), a considerable bit of magick reading, color breathing, quite a good amount of meditating on and off (it's become a great assistant in falling sleep, clearing my mind very quickly), and, admittedly I have taken a couple of formal Tai Chi courses. Some of my teachers and 'advisors' (not of the Astral sort) have expressed that I have an aptitude at particularly, controlling my energy (for my noviceness that is), and healing (been doing deep massages since I was 6), and in my personal opinion my most cultivated skill, meditating (focus of the mind, self-control).

As is typical (except for position/posture), my mind went blank. Thoughts, passed easily, quickly, yet constructively (as much as it can be in meditation, not like I was focusing on particular concepts). I breathed deeply, and my consciousness, very gradually, faded. A lot of shifting was necessary, but I didn't break my meditation (eyes still closed) or let the uncomfortable thoughts get to me, I simply shifted to whatever made me feel more comfortable and continued breathing in a rhythm accordingly. Images of the Kundalini CGI video passed through my mind as I shifted and thoughts of the snake seemed fitting for the concentrated pain in my spine and legs, so I continued to shift and breathe. I have only had cursory glances at the hand postures for the yoga chakra meditations, but they proved to be helpful.

I know, this post is going to be long, but I'll say once now, and again at the end, that I go into so much detail because these are things that I would have liked to have known prior to the meditation as someone who has only dabbled/read here or there and would quickly lose confidence because of the uncomfortability.

I continue, my legs were shaking in this unfamiliar posture, so for a time, I had to lightly, but in a controlled manner, grip them, and continue shifting. This proved not to be detrimental, or a distraction, and ended up being very helpful. As I shifted it was apparent that I was lining up my chakras and, as the meditation deepened, the energy (and slight pain) continued to advance up my spine. The meditation again deepened and this is where my little knowledge of hand postures came into play. After enough shifting, my legs were shaking much less and I was considerably more comfortable...

enough to settle my hands on my legs, near the knees, thumb and forefinger touching. Little adjustments in every little thing are key. You will not lose focus, and I encourage you to stick with it. I allowed even the nicotine fits to pass through as I continued to breathe good wholesome air. As the meditation continues to deepen, the pain of my body begins to become less important. I remember the power I can embrace within me, and the pain in my spine near my solar plexus becomes firm resolve. Yes, I shift yet again, and many times more (up to a certain point, which still I allowed a little shifting). With this focus on my solar plexus and a new sense of balance now maintained (it did take time, take your time, it absolutely did not come easy. I just took my time and continued to breathe.) I realized that my hands seem to play a role in my balance, and the significance of these mysterious hand gestures became more clear. I shifted, and moved my hands beneath my solar plexus, left palm up, fingers curling my right hand; my right hand, a fist. I moved on, eventually, to my heart, with my hands in front of it, so as to hold my energy moving up. My right hand closest to my chest, only my thumbs of my left and right hands crossed (like a butterfly). Felt like a bird carrying my energy above my heart and making it lighter. Now, all pain left my legs (and numbness left my awareness) as my energy moved up to my collar bone and opened my throat. Remembering truth, remembering -my- inner music, something I needed to focus on for me personally (as well as being firm in my solar plexus).

Another Note: moving the hands, to the heart and every point forward was necessary to continue the flow of energy. Also IMPORTANT: Once at this point, your hands are too significant to lose their posture, any shifting must be subtle slides of the legs, my right leg shifted forward slightly, involuntarily, from that point forward what pain and uncomfortability meant little, and I was forced to continue pushing, or else give up, which would've taken a while to do with any benefits, so it's best just to push, it does get better. I could feel my crown calling me, begging for my triumph, but my will was near ready to falter, but I could not give up. I shifted my hands in front of my throat and pointed up with both forefingers meeting. This did the trick, maybe about ten minutes or so and spent in my third eye and my crown. I know my crown is undeveloped, but was grateful for what I got to experience. My breathing, was full (not to say that sometimes it wasn't a bit quicker, and shallower, it does shift according to your needs, even at the higher chakras), my chakras as open I was willing to get them. I closed by letting my hands go free, allowing my chakras to 'close' one by one, and some slight shifting. Holding my legs again, whatever is comfortable. Okay so I did some yoga, yay for me, that was fun. I can do some focal meditation later I guess. I opened my eyes, a little quicker than I expected, and then realized.. "NOPE, WRONG!"

My vision had a sort of pulse to it. Things were blurred on the edges, but the phenomena was constantly shifting, and there was a bit of water in my eyes. I kept breathing, this felt good, just a little longer. Then, on the wall, noticed a little flaw on it, right next to the floorboards, like a little wrinkle. It came into focus, and blurred out, and my vision was just shifting like crazy, but my eyes stayed focused on the little, dented, deformed, flaw. So many things it looked like, a geometric shape, a deep crack, it did not matter, this was my focal point. I did a little ten minute focal meditation on a golden button on my bag I take to work on the bus the other day. It was very

relaxing, but when you are in a group of people that are very much a different culture than you, and there's maybe but you and another of your 'stereotype,' it can appear very harsh, cold, and offensive. Now, let me tell you, the easy part starts there and then, staring at the wall. You're eyes can close, blink, whatever, you can shift, just don't close your eyes for long and keep focusing on this little point in your reality, even if you can't see it or can hardly make it out. Don't get distracted by the texture of the wall as it comes into focus, or even the well defined architecture of the floorboard as it begins to blur, and define, and take on a new meaning. All you care about it buried deep within that little point. I also saw colors, started to feel different parts of my brain, and then heard a low, but defined tone; and began to feel it, too. I feel the progression through the deeper stages are explained very well by the author of this article, but, once you start to get to the higher frequencies things start to get tricky. It almost feels as it has all gone away, but something keeps developing, and pushing you forward. You have felt all of the way out to high, quick frequencies, with very focused changes in your vision and a learned self-control. It really does seem like you can go on like this forever and continue to allow your perception to shift this way, keeping in mind you are gathering information about what exactly your 'soul' is. But the next exciting part is coming back down.

You can learn the most about yourself, now that you've experienced this high frequency of energy, and gathered so much of it as you gather it in to your self before putting it down through the ground. It is when you breathe in and think of your self, that you truly begin to feel yourself and different parts of yourself.. and once you put the energy back out around you, you can even begin to learn even more. The entire experience as a whole was nothing short of convincing, evolving, and phenomenal. Thank you, Lord, for guiding me to this way of doing things, and thank you also, kobok, Kettle, and vsociety as a whole for all of the encouragement to start basic and refine your skills gradually. I look forward to becoming more away of my self and and gaining, permanently, some of the abilities I seemed to experience during this meditation. I'm not exactly kineting at this point, and I possibly never will work with the Psi abilities like I intend to work with magick, but I hopefully say that I'm starting on the right foot for both.

Thanks again, Yours Truly,

Justin.

Logged

August 12, 2011, 12:46:38 PMReply #65

Shiki

New Member

Offline

*

4

Karma:

0

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Re: Focal Meditation

Hello,

I tried to start meditating lots of times, but with some deplorable results. It seems I just can't get focused, the more I try, the more my mind wanders, or I start thinking about a music (And just CAN'T get it out of my mind, it's annoying :headwall:), so I gave up for a time. More recently, one friend pointed out that I may have ADHD-I, but while I search for professional help about this I wanted to keep trying. Any hints about what should I do?

Also, one day I tried using earplugs, since there are all kind of distracting noises here. After a time staring the candle, a loud tinnitus started to distract me from it. It got even louder when I focused on it, and resembled me of binaural beats or something like that. Is that normal?

Sorry for resurrecting the topic.

Logged

August 13, 2011, 09:13:42 PMReply #66

`Nazukarr

Posts By Osmosis

Offline

631

Karma:

14

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Re: Focal Meditation

At the end of the day, the solution is to simply suck it up and focus. That sounds harsh but you will find that eventually it will be easier to tune out distractions. Even during your meditation when you're completely irate from not being able to focus, as long as you're staring at the candle for 45 + minutes, you're doing your job. What I found during my first couple of practices is that even though my mind seemed to be jabbering away the whole time, by the end of my 50 minute block, I was far more focused than at the beginning of my practice. That's an accomplishment. My thoughts were very streamlined when I attempted to watch TV or read after. Eventually, I started to actually experience a significant amount of practical success. So, whenever you find yourself frustrated with the distractions, just power through and keep staring at the candle. Hopefully you'll experience even a small amount of success after doing so and you'll stop being frustrated.

Logged

"I am not this hair, I am not this skin, I am the soul that lives within."

August 15, 2011, 04:13:25 PMReply #67

Shiki

New Member

Offline

*

4

Karma:

0

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Re: Focal Meditation

Thanks for the help :).

Logged

September 14, 2011, 03:13:36 PMReply #68

Midas

New Member

Offline

*

1

Karma:

0

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Re: Focal Meditation

Can I do the candle meditation with a tealight? And is there an alternative to candles and fire?

Logged

September 14, 2011, 04:01:00 PMReply #69

Mindlessinvalid

Posts By Osmosis

Offline

1205

Karma:

10

Personal Text

Crazy and Can't Get out of Bed

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Re: Focal Meditation

well duh, focal meditation itself is just focusing all of your attention on an object. it's inherently easy to do that with fire, but you could use a pencil or a coin instead.

Logged

Clothes make the man, and naked people have little or no say in society.

September 15, 2011, 08:56:15 AMReply #70

Violet

Posts By Osmosis

Offline

1003

Karma:

33

Personal Text

Your friendly neighborhood Verigeek.

[View Profile](#)

Re: Focal Meditation

Quote from: Midas on September 14, 2011, 03:13:36 PM

Can I do the candle meditation with a tealight? And is there an alternative to candles and fire?

As BubbaFett and Mindlessinvalid already pointed out, yes, you can use another object of focus. Notice that kobok already says so in the original article: "If you are unable to do this [= practice with a candle], substitute the flame in the following description for the focal object of your choice." Read, people. :wink: Nevertheless, I would advise using a candle flame if at all possible. The very simple reason for this is that trying to focus for prolonged periods of time on a static object tends to be more difficult. I, at least, daydreamed a lot as a beginner while trying to focus on dots on walls, doorhandles and all sorts of odd objects I used to focus on.

Logged

September 22, 2011, 05:32:09 AMReply #71

Imperio

Settling In

Offline

*

12

Karma:

0

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Re: Focal Meditation

What PSI means ?

Logged

September 22, 2011, 02:26:33 PMReply #72

Willi

Veritas Furniture

Offline

326

Karma:

7

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Re: Focal Meditation

Quote from: Imperio on September 22, 2011, 05:32:09 AM

What PSI means ?

As far as I can remember, psi is short for parapsychology.

Logged

September 22, 2011, 06:49:42 PMReply #73

Mindlessinvalid

[Posts By Osmosis](#)

Offline

1205

Karma:

10

Personal Text

Crazy and Can't Get out of Bed

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Re: Focal Meditation

Quote from: Imperio on September 22, 2011, 05:32:09 AM

What PSI means ?

Psi is the greek letter that is used to designate a variable that cannot be empirically ascertained. thus its used in parapsychology research alot.

Not to be confused with psy (which is a corruption of the word psyche, meaning soul)

Logged

Clothes make the man, and naked people have little or no say in society.

November 19, 2011, 07:58:52 AMReply #74

Violet

[Posts By Osmosis](#)

Offline

1003

Karma:

33

Personal Text

Your friendly neighborhood Verigeek.

[View Profile](#)

Re: Focal Meditation

Quote from: Eranda43 on November 19, 2011, 06:10:44 AM

Nice..the basic idea is correct..but in actuality you want get anywhere with this unless you know what you are doing. Meditation is not something you play with and without proper guidance you wouldn't even know where you'll end up.

Meditation is perfectly safe and in the case of focal meditation perfectly straightforward.

Quote from: Eranda43 on November 19, 2011, 06:10:44 AM

Do you even know why we meditate looking at a candle? If you really want to attain any so called abilities you must first attain a certain mental state. In buddhisam we call it "dyana". There are four such states. Each with a higher energy than the other. Well you can't call it energy really, cos you don't really know what it is. All i can say is that you feel something rising up your spine and your upper body starts to vibrate methodically. And also it becomes rigid and straight, automatically. You just sit there and shake while you feel like you find yourself on a clear early morning (sort of the feeling you get when you go outside at around 4 or 5 AM). Its a wonderful sensation but you want get any special powers i assure you :) Try meditating on your breathing, at the point between your nose and mouth. Just look at it with your mind. Don't follow it, just know its there. If you do it correctly, you'll know what i'm talking about. And if you want to go deeper, come to Sri Lanka, and you'll get something much greater than just psi powers..

I'm trying to think of the best way to reply to this. Did you even read the article? For example, "do you even know why we meditate looking at a candle?" is a foolish question, as kobok gives an answer to that very question in his article. No esoteric stuff mentioned, just the fact that it's much easier to concentrate on. Also, if you want to do advertising for another type of metaphysical practice, please do so at a separate thread.

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The Veritas Society »Academic Areas »Articles »Psi and Mental Abilities »Focal Meditation

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Author Topic: Focal Meditation (Read 297924 times)

0 Members and 3 Guests are viewing this topic.

November 20, 2011, 05:24:04 AMReply #75

Violet

Posts By Osmosis

Offline

1003

Karma:

33

Personal Text

Your friendly neighborhood Verigeek.

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Re: Focal Meditation

Quote from: Eranda43 on November 19, 2011, 08:07:14 PM

You don't look at a candle and meditate because its easy to concentrate on.

You do. Though perhaps even more important is that the candle flame is one of the best kinesis targets for a beginner.

It appears to me you haven't read the article. Let me show you: "The most basic focal meditation is simply to select an object and stare at that object, focusing all of your thoughts and awareness on that object. Any object will do for this; it can be as simple as a spot on the wall or a dot drawn on paper. The best objects to select are the ones which help to draw your attention. One example of an object which does this for many people would be a crystal. However, the best object for focal meditation in psi seems to be the candle flame."

Quote from: Eranda43 on November 19, 2011, 08:07:14 PM

If you tried it, you would have noticed how your eyes hurt after some time.

If your eyes hurt, you're sitting too close to the candle. Also, you should focus with your mind, not your eyes. Kobok has already said this here and here.

Quote from: Eranda43 on November 19, 2011, 08:07:14 PM

The purpose of looking at the flame is to blah blah blah

No, it's not. Kobok posted this article and described a specific psi meditation technique that involves focusing on a candle flame. It is just silly to walk in here and pretend that the purpose of this exercise is different from what kobok - the person who thought of the exercise in the first place - wrote about it. If you use a different technique to achieve whatever you want to achieve, that's fine. But please don't pretend, not even to yourself, that people practice the same thing you do just because you want them to.

Logged

November 20, 2011, 11:16:30 PM Reply #76

Mammon

Settling In

Offline

*

15

Karma:

0

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Re: Focal Meditation

ill have to disagree with you on one point... don't let yourself fool you.... in my opinion, your reality is what you believe....if you believe something through to your bones...to you ABSOLUTE core then nothing is impossible... it just takes time to train yourself out of what society has already trained you to believe and whats taught when your a child and reinforced through years of teachings and thoughts that such things are not possible... but if you train yourself to believe and you overcome your childhood teachings then nothing if outside of your grasp... but thats just my opnion...

Logged

There is a pleasure in the pathless woods,
There is a rapture on the lonely shore,
There is society, where none intrudes,
By the deep sea, and music in its roar:
I love not man the less, but Nature more,
Lord Byron~

November 21, 2011, 12:18:40 AM Reply #77

Violet

Posts By Osmosis

Offline

1003

Karma:

33

Personal Text

Your friendly neighborhood Verigeek.

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Re: Focal Meditation

Quote from: Eranda43 on November 20, 2011, 08:38:38 PM

Ok then, let me ask you this. Did you achieve any deep meditation states through this?

Yes. I achieved the deep meditation state described in this article. I did not achieve deep meditation as described by you. I repeat, that was not the purpose of this exercise.

Quote from: Eranda43 on November 20, 2011, 08:38:38 PM

And also you should know that kobok wasn't the one who thought up this exercise. This is written in buddhist scriptures long long time ago. He got the general idea, i'm just blah blah again

Let me give you a hypothetical example. Suppose I were the first person to think of basketball and was playing it with a couple of friends. Now, netball has a different set of rules, primary among them that you're not allowed to move when holding the ball and you're only allowed to be on certain areas of the court depending on your playing position. Therefore, someone who plays netball and has not heard of basketball will probably see this and tell us "well, you're getting the general idea, but you should do it more like this; also, it's dangerous when you're all running on the court like that!". A reaction like that is understandable. However, when the basketball players clarify that they're, in fact, not playing netball and using a different set of rules, the netball player should shut up about his game. When someone's playing a different game, it's stupid to complain that they're not following the same rules. And when compared to your buddhistic meditation, dynamic psi is a very different game.

I did not say that kobok was the first person ever to think of meditation with a focal point. That's obviously untrue. What I did say was that "focal meditation" is a specific psi technique kobok thought of. What this means is that, sure, there are plenty of meditation

techniques, and no doubt many of them are very similar; Kobok's article, however, was made with the practice of psi in mind. This is why I'm 'hanging on to every word of this kobok person' in this thread, it's relevant! These buddhist techniques are not. You can't just walk in on someone who practices a different paradigm, and tell them they've 'got the general idea' of your paradigm.

Logged

November 21, 2011, 10:10:26 AM Reply #78

Violet

Posts By Osmosis

Offline

1003

Karma:

33

Personal Text

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Re: Focal Meditation

Quote from: Eranda43 on November 21, 2011, 07:54:35 AM

There are no different games..Its the same game, same arena..

When there are different rules and different goals, how can you keep saying it's the same game?

Obviously there are certain rules that apply to all games. I never said there weren't. You, however, seem to think that all games must necessarily use all the same rules; that whenever a game doesn't use your set of rules, people are doing it 'wrong'. If this is what you think, I invite you to explain why there are so many different metaphysical paradigms.

Also, you seem to be under the impression that I do not want to try out your paradigm. This has nothing to do with what's being discussed in this thread. As a matter of fact, I have some years of experience with more mystical forms of meditation, and the meditation you described is no exception. I would not presume to be a master of any such technique, but neither am I a stranger to it. However, this thread isn't about any of that. This thread is about focal meditation, a psi technique. Therefore, we won't discuss my willing- or unwillingness to participate in other paradigms in this thread.

Last but not least, your post has some logical issues. At first you say that there are no different games, yet later on in your post you say 'your reality is what you believe'. The underlying problem here is that the latter implies that everything is subjective (even though that statement is in itself an assertion of objectivity, but we'll ignore that for a moment), even though you just said that there are no different games - which implies objectivity.

(You can easily contact kobok via PM, by the way.)

Logged

November 21, 2011, 12:58:44 PM Reply #79

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

4988

Karma:

171

Personal Text

Veritas Council

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Re: Focal Meditation

Quote from: Eranda43 on November 20, 2011, 08:38:38 PM

If you don't believe me, ask kobok yourself where he got this exercise from.

I made it up, based almost entirely on my own self-discoveries from staring at candle flames. Just, I was not the first person to come up with a meditation exercise involving a candle flame, and I will not be the last person to do so. It is such a potent approach that it is regularly rediscovered.

Quote from: Eranda43 on November 20, 2011, 08:38:38 PM

Meditation was originated in india

I highly doubt that. I suspect meditation predates the presence of our species in India. I think you'd have a hard time finding a culture from anywhere on the planet that doesn't have some form of meditation in it. The form you have learned from Indian culture is just fine, but it is not the only functional approach. The form I present here has been specifically tailored and tuned as a meditation approach ideal for learning psi, and it has worked well for this purpose for quite a lot of people so far. Perhaps there is a superior approach, and if there is I'd like to see it, but I've been doing this for a while in the presence of the excellent information exchange which is the internet and I haven't seen a more ideal approach yet.

I've spent a lot of time practicing breathing meditations as well (which I also suspect predate human presence in India, as they are also very easy to rediscover). They have good value, and you may find I've recommended people give them a try several times on the forums. Focal meditation on the candle flame simply has specific advantages in terms of its excellent and smooth transition into kinesis practice, where the feedback

provided by the flame provides a way to focus not just the mind, but the specifically identified soul. This is of essential and critical value for well-controlled practice of psi, and it is why this article is structured in the way it is.

(EDIT - If the last few posts are confusing to follow, it is because the posts that this and the preceding several posts were replies to were deleted. I am leaving the replies for the sake of completeness in responding to points raised.)

« Last Edit: November 22, 2011, 12:28:04 AM by kobok »

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Latest article: Construct Dynamics

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March 01, 2012, 12:15:41 PMReply #80

Arkvoodle

A Veritas Regular

Offline

**

53

Karma:

4

Personal Text

Diabolical

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Re: Focal Meditation

Apologies for "grave digging", but I have a question. I am rather afraid of getting retina burn from focusing on the light for so long. Would the 2 meter distance reduce/eliminate this? Are the alternatives as effective as the candle meditation? Just wondering, of course. The candle does seem to be the most reliable and effective method, but your opinion on the others would be welcome.

Logged

March 01, 2012, 04:24:11 PMReply #81

Violet

Posts By Osmosis

Offline

1003

Karma:

33

Personal Text

Your friendly neighborhood Verigeek.

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Re: Focal Meditation

Quote from: Arkvoodle on March 01, 2012, 12:15:41 PM

Would the 2 meter distance reduce/eliminate this?

I haven't had the problem you described, so I suspect this would work. Just don't forget to blink. (You shouldn't focus on the control of your eyelids either, as the purpose of this exercise is to concentrate on the candle flame. Rather, don't try to keep your eyes open because you think you should.) As for other methods of meditation, I have tried a few others, and focal meditation works best for me. Your mileage may vary.

« Last Edit: March 01, 2012, 04:32:43 PM by Robin »

Logged

August 14, 2014, 12:38:21 PMReply #82

Middelnil

Settling In

Offline

*

44

Karma:

2

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Re: Focal Meditation

A really good article, indeed. All this knowledge is much appreciated, especially to a newer member like me.

I just have one question that I can't seem to answer myself. I tried it first with a piece of metal and found that it worked quite well. Same thing with a candle's flame. But since I decided to start developing my brow chakra, I thought that I'd get two birds with one stone since for me brow chakra requires meditating and focusing on the area of the chakra. That being said, it went really well at first. I could focus really well on the area of the chakra, feel the chakra, I reached gnosis really easily, etc. Although now after a while I find that my focus slips... Perhaps I should simply meditate first for a while to calm down my mind and then start focusing.

So, to get to the actual question: is what I described above a form of focal meditation? After all I am focusing all my thoughts and mind on the area of the brow chakra.

Oh, I'm sorry for posting in the old thread, but rather than starting a new thread on the question about this and filling the forums with my "still-a-newbie" comments, I thought I'd post on this thread.

Yours,

Middelnil

Logged
August 14, 2014, 04:35:55 PMReply #83
Merlin
A Familiar Feature

Offline

119
Karma:
10
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Re: Focal Meditation
Quote from: Middelnil on August 14, 2014, 12:38:21 PM
is what I described above a form of focal meditation? After all I am focusing all my thoughts and mind on the area of the brow chakra.
Yep, you can focus on whatever suits you best, whether that's an image, a concept, a point on your body, etc. Though some things like music may not work well.
Logged
"Life is not about finding yourself. Life is about creating yourself" -George Bernard Shaw
August 15, 2014, 02:19:53 PMReply #84
Middelnil
Settling In

Offline
*
44
Karma:
2
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Re: Focal Meditation
Alrighty, good to know. Thanks :)
Logged
May 11, 2015, 02:48:53 AMReply #85
SympOthetick
New Member

Offline
*
2
Karma:
0
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Re: Focal Meditation

I am coming to this topic a tad late, and I just discovered this site a week ago. So a bit excited to go through past topics and posts even if a bit daunting with there being so many but persistence and patience and all. Though I wish to express how I have approached meditation and see how it relates.

I have pinned down my "sitting practice" down to... open-awareness observation and closed-awareness observation. Open-awareness observation is akin to the Zen mindfulness practice. and Closed-awareness observation being akin to concentration practice. I prefer the term awareness in there because I have come to realize that awareness is what awakens the experience to be had, so to speak; and here awareness being the essence of our soul. Thus I find my "sitting practice" as working the soul, or soul-work. Open-awareness would lead to letting any experience to be experienced, where as Closed-awareness is holding the experience in the process of observation.

Logged

January 15, 2017, 05:06:43 PMReply #86

P.O.S

New Member

Offline

*

1

Karma:

0

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Re: Focal Meditation

Is the meditation need to be steady and regular?

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Author Topic: Introduction to Kinetics (Read 55783 times)

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January 28, 2005, 02:40:36 PMRead 55783 times

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

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Introduction to Kinetics

Introduction to Kinetics

The following article assumes that you have read and understood the Focal Meditation article, and that you have successfully practiced Focal Meditation and achieved deep meditative states.

Kinetics

Kinetics is the category of psi abilities that involve making a change to the physical world. This includes "direct" changes, such as making an object move, and it includes "indirect" effects, such as healing someone, where the effect is brought about without specifying the direct mechanism.

"Kinesis" is the word used to describe the actual causing of such an effect, and to "kinet" something is to perform kinesis on it.

There have been many words that have been created to try to describe kinesis. One such set is "macro-psychokinesis", the causing of a direct change, and "micro-psychokinesis", the causing of an indirect change. Another, more unbounded set, attempts to categorize kinetics by the target upon which kinesis is being formed. This set includes terms such as "biokinesis", for performing kinesis upon living organisms, and "pyrokinesis", for performing kinesis upon fire. However, each of these sets of classifications is completely unnecessary. The choice of target for kinesis has no effect on how it is actually kinetted.

The classification of kinesis by direct change and indirect change at a fundamental level to how kinesis is performed is also somewhat unnecessary, as at a fundamental level, all kinesis is performed in the same manner. But it can be conceptually easier to learn and talk about kinesis in terms of direct and indirect kinesis.

The role of the soul in kinetics

There are many who are uncomfortable with the idea of the soul playing a role in psi. To these people, the soul is an unscientific idea, or an idea that is culturally associated with religious ideas that they would rather avoid. The ones concerned about the scientific implications of a soul often invoke physical descriptions of psi which are directly contradicted by the evidence and experience of psi. (See "The True Nature of Psi" for more information.) The ones concerned about its religious or spiritual associations often create more complicated terms to avoid naming it directly, such as "the nonphysical self" or "the expression of internal willpower".

But despite those concerns and regardless of renaming, the soul is the central part of

the self which is the only part of ourselves capable of psi and which performs all psi. The "soul" is the part of ourselves which performs psi, which separates from the body during out of body experiences, and which continues existing after the death of the physical body. The phrase "will" in the sense of performing psi is essentially the expression of the soul's action. The phrase "self-awareness" in the sense of psi refers to the awareness of the soul.

Kinetics can be performed and can occur without any awareness of the soul. It can even occur without conscious awareness that anything is being performed. But under these conditions, reliability and accuracy will typically be very low, and the ability to develop to more complicated tasks will be restricted. So it is essential for progress in kinetics and in psi that an awareness of the soul be developed.

Focal meditation is a valuable component of psi because the soul is the part of you which is left when there is no awareness of thought. The soul is the "you beneath the brain". The true awareness of the soul and understanding of the soul is best obtained by experiencing it, and this is best obtained through meditation and practice of psi. Practicing deep focal meditation will open the door which will allow you more direct contact with your soul. Then practicing kinesis by expression of the soul will allow you to gain an experiential awareness and understanding of where and what the soul really is.

Performing kinesis

The procedure for performing controlled kinesis is essentially the same for any desired kinetic result.

The first step should always be to perform focal meditation, as this puts you in the appropriate mental state to exert focused control. When you are in a state of deep meditation, shift your awareness to your soul.

Intend for your soul to relocate to the object you will kinet, such that your self-awareness is centered in this target object. When you expect your soul to relocate to the target according to your intent, then it will do so.

Next you should formulate the intent that you will kinet by forming your soul into the form of the desired result. Then finally, you energize and actualize the result by deeply and completely expecting it to occur at that very instant.

Every kinetic act is a reflection of the soul. It is an expression of the inner self being reflected upon the outside world. When you want something to occur, you must reach within yourself and change the nature of reality inside yourself, so that it in turn reflects upon reality. The act of deep and complete expectation which actualizes kinesis is performed by reaching within and changing your inner expectations so that they

represent an expectation that the object's natural behavior will be to fulfill the result of your intent.

Learning how to make these internal changes to your inner expectation is not at all an easy task, and to do it effectively and consistently it requires you to develop deep awareness and deep self-control, which can be developed with focal meditation and practice of kinesis. This level of awareness and self-control will reflect on many areas of your life, and it will also empower you with the ability to kinet with reasonable reliability and consistency. To begin on the path to developing this awareness and self-control, you can practice quite effectively by learning how to use kinesis to tilt a candle flame.

Controlling the flame

Learning to control a candle flame is a convenient and insightful exercise for learning the principles of kinetics. The candle flame can provide you with direct and immediate feedback to show you when you are successfully accessing and utilizing your soul to control the flame.

Begin as you did before by clearing your mind with focal meditation on a candle flame. Meditate on the candle flame until you have reached a state of deep meditation where you can begin to become aware of your soul. When you are focused on that part of you which is present in deep meditation, reach out to the candle flame with your soul such that you feel your center of perception and awareness being at the same location as the flame. Practice just this portion of the exercise until you are comfortable with it.

Next visualize the candle flame stabilizing in a vertical position with no flickering, and expect it to take and maintain this form. Feel your soul at the location of the candle flame, forming the flame shape that you are visualizing, and expect the flame to take this shape as you are forming it. This act of "expectation" is critical. You must fully believe and expect it will work at the precise moment that you are trying to make it work. Keep the flame vertical and stable in this manner for a while.

After you have succeeded in stabilizing the flame, you should visualize the candle flame tilting to the left. Form the shape with your soul, and expect it to work at that very moment just as you did before. Do not push the flame, but instead form the shape and realize deep down with full expectation that the candle flame is already forming the shape. It can be helpful to reach within yourself and change your inner expectation so that the new flame shape is the "natural" shape for the candle flame to take, while staying relaxed and confident that it has already happened.

After a while make the candle flame tilt to the right in the same manner. At first simply tilt the flame a little in each direction, then as your confidence grows tilt it farther and farther to the side you have chosen. When you first attempt to tilt the flame it may

flicker a bit, and you should then attempt to stabilize it to a smooth controlled stable flame tilting to the chosen side. Continue practicing this until you are able to tilt the flame far to either chosen side and keep it stable in that location.

It may take some time to fully control this, because it can be difficult to reach within yourself, gain awareness of your soul, direct your soul by controlling your inner expectations, and reflect this upon reality. But if you practice with deep focus and gradual steps, you will master this, and it will open up a window of awareness to the rest of psi.

« Last Edit: January 29, 2007, 03:11:02 PM by kobok »

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February 07, 2005, 07:15:52 PMReply #1

Kurishian

A Veritas Regular

Offline

**

Regular Member

68

Karma:

0

Personal Text

Regular Member

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Re: Introduction to Kinetics

I think this was a very nice article, though I don't have too much experience in Psi to critique it. I would like to know what your experiences with manipulating the candle flame were. It seems difficult to me to keep it from flickering and move it smoothly to one side and the other. Though perhaps that is my inexperience talking.

Lovely article, I enjoyed it

~Kurishian

Logged

One can find happiness even in suffering

July 29, 2005, 08:49:38 PMReply #2

Phlexmo101

New Member

Offline

*

Greenhorn

1

Karma:

0

Personal Text

Greenhorn

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Re: Introduction to Kinetics

Very Helpful article,Focal Meditation is the key....

Logged

September 24, 2005, 08:57:01 PMReply #3

Sai Astar

Settling In

Offline

*

16

Karma:

0

Personal Text

Laugh, cry, and smell the roses ^_^

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Re: Introduction to Kinetics

Im not sure if this has any critical meaning whatsoever, but when I focus on flames, specifically candle, it helps if the candle itself is colorful such as red or light blue and has a light scent to it. It doesn't seem to distract me from the flame itself but actually helps with the first stages of focal meditation. I would like to know if this is normal or if it has any noticeable effect that works less than a regular white candle with no scent. Also, does the color or origin of the flame matter, such as if it were made by lighter or match, or if you focus on the bluer part of the flame or the orange part?

Logged

October 09, 2005, 08:12:06 AMReply #4

Sai Astar

Settling In

Offline

*

16

Karma:

0

Personal Text

Laugh, cry, and smell the roses ^_^

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Re: Introduction to Kinetics

After my first three tries I was able to feel control over the flame and bend it to my will. Is this normal? Also, though I only spent about thirty seconds before it stood up straight as I attempted to make it, but it only flickered when I tried to bend it to the sides. Should the flame be steady when it's straight or flickering? Sorry lots of questions lol

Logged

November 22, 2005, 11:09:10 PMReply #5

Fou Lu

A Veritas Regular

Offline

**

75

Karma:

0

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Re: Introduction to Kinetics

How do we "shift awareness to our soul"? How do we know this is accomplished?

Logged

November 22, 2005, 11:57:18 PMReply #6

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: Introduction to Kinetics

Quote from: Fou Lu on November 22, 2005, 11:09:10 PM

How do we "shift awareness to our soul"? How do we know this is accomplished?

You shift awareness to it by noticing the part of yourself that fits the description given above. You know that it is successful when you succeed in kineting the flame. If you are not successfully kineting the flame, relax your mind more and find a deeper part of yourself that more closely fits the description.

When you do succeed in kineting the flame, pay close attention to the fundamental part of yourself which is performing this act. If you do this enough times, you will

understand from your own experiences precisely what your soul is, and this experience far outweighs any description that can be given.

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November 23, 2005, 09:24:15 AMReply #7

Fou Lu

A Veritas Regular

Offline

**

75

Karma:

0

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Re: Introduction to Kinetics

I read it again and understand. It wasn't clear at first. Thanks.

Logged

November 13, 2007, 08:10:15 AMReply #8

sandyz

New Member

Offline

*

5

Karma:

0

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Just starting

Hello,

I have just read through this article and will be putting myself to the test soon. I will post back on my progress once every week.

Regards,

Sandyz

Logged

November 16, 2007, 06:03:05 PMReply #9

sandyz

New Member

Offline

*

5

Karma:

0

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Re: Introduction to Kinetics

Whoa, its tougher than I thought! I am still practising though.

Logged

December 08, 2007, 03:48:50 AMReply #10

Redefine

A Familiar Feature

Offline

242

Karma:

0

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Re: Introduction to Kinetics

i'm having some problems with it

i've gained controll over the flame, but its about as reliable as windows me

the thing is that while meditating on the candle, i can achieve fairly deep meditative states and become aware of the soul...but as soon as i focus my intent on moving the flame, or moving the focus of my soul to the flame, the awareness of my soul dissappears, and i lose my meditation.

how do you keep it, while still concentrating on feedback and what you intend the flame to do?

Logged

On a concrete road to recovery

cause I'm knocking over every cone

in front of me.

December 08, 2007, 06:47:28 PMReply #11

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

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Re: Introduction to Kinetics

Quote from: Redefine on December 08, 2007, 03:48:50 AM

the thing is that while meditating on the candle, i can achieve fairly deep meditative states and become aware of the soul...but as soon as i focus my intent on moving the flame, or moving the focus of my soul to the flame, the awareness of my soul disappears, and i lose my meditation.

how do you keep it, while still concentrating on feedback and what you intend the flame to do?

Well, you don't want to be verbally thinking about what you're doing any more than absolutely necessary. You need to keep the kinesis intent you are developing at the level of the soul, such that it is the soul which is focused on the intent. An easy way to do this is to use the soul to form the intent, such as if you're trying to tilt to the right, you use the soul to form the shape of the flame tilted to the right. Then focusing on the intent is naturally concurrent with maintaining awareness of the soul.

And, practice. Since you have achieved some success, you're already in excellent shape. Keep practicing so that it becomes more natural. :)

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December 10, 2007, 07:46:56 PMReply #12

Redefine

[A Familiar Feature](#)

Offline

242

Karma:

0

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Re: Introduction to Kinetics

ok, thanks for the help

i'll try that

Logged

On a concrete road to recovery

cause I'm knocking over every cone
in front of me.

June 30, 2009, 01:48:24 PMReply #13

Hero
Settling In

Offline
*

19
Karma:
0
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Re: Introduction to Kinetics

A very strong conection between your soul and the candles*ahem* soul essence .
would have to be present right?

Plus the ability to overcome any subconscious distractions such as an uncontrolled dreamstate that goes wild on its own instead of being completely lucid. I imagine is the best advice...

I quess before applying ones will power outward i should strengthen it inward
first.controlling am taming the inner flame first?

mastering meditation , visualization lucid dreaming would be wise.

when the inside is stronger then one should concentrate on the connection outwardly
to create a stronger bond with the inside of other souls to effect the physical outter
world..

.In some way I guess flame kinesis is like forming a relationship that grows stronger
after time.eventually the flame can feel like an extention of your own body am I right?

sorry if I'm overly poetic..

Logged
December 21, 2009, 01:32:02 PMReply #14
Daray_Gavin
New Member

Offline
*

1
Karma:
0
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Re: Introduction to Kinetics

I'm sorry but I don't understand how to achieve awareness of the soul
and can I use a psi wheel? because I may not have a candle on my room... :(

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Author Topic: Introduction to Kinetics (Read 55972 times)

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December 26, 2009, 02:09:32 PMReply #15

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

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Re: Introduction to Kinetics

Quote from: Daray_Gavin on December 21, 2009, 01:32:02 PM

I'm sorry but I don't understand how to achieve awareness of the soul

Most people don't until they begin practicing an exercise like this one. You learn it in a gradual way by obtaining feedback as you are practicing.

Quote from: Daray_Gavin on December 21, 2009, 01:32:02 PM

and can I use a psi wheel? because I may not have a candle on my room... :(

You can use just about anything as a target (although see the warning on the use of hands), it is simply that the candle flame is presented because it is a particularly easy and ideal target to begin practicing with. I will add a note which frequently causes me concern: Psi is far more potent of a tool than a candle. If you cannot handle a candle responsibly, can you handle psi responsibly? This is something for you to reflect upon.

Logged

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April 12, 2013, 07:44:32 PMReply #16

galeb

New Member

Offline

*

4

Karma:

-1

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Re: Introduction to Kinetics

I am new at the form, but old and experienced at lots of things. Assuming that because someone is not allowed a candle in their room, means that they are not responsible enough to handle psi is not fair to the person. I would never allow one of my children to have a candle in their room either. Main reason is that one of the other children might barge into the room and knock it over. . Also many parents are over protective and hold back their children development in many areas.

Now about the idea that soul is responsible for all psi activity.

Impossible to prove one way or the other, but my understanding is that most of the things done function in the astral realm and can be accomplished by use of the mind (Mental realm is above the astral and so can control it and the realms below it.) There are powers and abilities that are called sudi powers that are supposedly controlled by the soul, but requires many years of training to acquire. The ability to kill with a word or a thought, comes to mind.

I do not see where anything more than mental activity is required. I has always worked for me.

Logged

June 02, 2014, 03:56:24 PMReply #17

Enneack

Settling In

Offline

*

13

Karma:

1

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Re: Introduction to Kinetics

This was a very insightful article. Thank you for writing it.

I'm still not persuaded on the question of the soul's involvement though. I'll be the first to admit that I have no idea how psi works, but with that I have to wonder how you could possibly know whether a "soul" (a rather loaded concept, you must admit) is integral to the process. It sounds to me like you are describing the subconscious mind.

I think it's really easy to succumb to false positives in this field. I'm completely convinced that your method works, but that doesn't mean that it is the only one that does. I can perform kinesis without really shifting the location of my perception as you put it, but rather by simply relaxing the boundaries of my mind by realizing that the separation

between objects that I perceive is on one level illusory.

Logged

June 02, 2014, 11:00:31 PMReply #18

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

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Veritas Council

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Re: Introduction to Kinetics

Quote from: Enneack on June 02, 2014, 03:56:24 PM

I'm still not persuaded on the question of the soul's involvement though. I'll be the first to admit that I have no idea how psi works, but with that I have to wonder how you could possibly know whether a "soul" (a rather loaded concept, you must admit) is integral to the process. It sounds to me like you are describing the subconscious mind.

Hi Enneack. It's a complicated question in totality, but there is another article here which endeavors to explain some of the reasons why I use the term "soul", and why we can completely rule out subconscious aspects of the brain as being the primary mechanism.

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August 04, 2014, 06:05:49 AMReply #19

Explorer

A Veritas Regular

Offline

**

56

Karma:

5

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Re: Introduction to Kinetics

does the distance from the candle affect the ability , sitting close to a candle vs sitting

far across makes any difference ?

also the candle on its own is never still , it will flicker , move towards left and right on its own so how to counteract that .. there is no windows in my room but flame doesn't stand still..

maybe its because of the breathing air that their are air currents which are effecting candle flame although i sit quite far and sometimes even wear a handkerchief mask

should i continue with flame or use (Psi wheel + glass bowl + no hands) ?

i don't want to mistake movement because of heat/ air current to movement caused by Psi

thanks

Logged

August 04, 2014, 08:39:26 PMReply #20

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: Introduction to Kinetics

Quote from: qwert on August 04, 2014, 06:05:49 AM

does the distance from the candle affect the ability , sitting close to a candle vs sitting far across makes any difference ?

also the candle on its own is never still , it will flicker , move towards left and right on its own so how to counteract that .. there is no windows in my room but flame doesn't stand still..

maybe its because of the breathing air that their are air currents which are effecting candle flame although i sit quite far and sometimes even wear a handkerchief mask

As far as psi is concerned, being closer or farther does not make it any easier or harder. But being farther away IS helpful for isolating the candle from breathing. When I first started practicing this long ago, it was generally at 10+ meters. If you don't have this much space, this is not necessary. But you are better off placing the candle across the

room from you rather than next to you.

Aside from setting it far away, one other thing that I've found helpful is placing a candle down in a jar, just below the rim, to minimize breezes. You can take any jar you find stable (safety first) and suitably sized, and pack baking soda (cheap, non-flammable) in the bottom to get the exact desired height inside the jar for the candle brand you like. Then add a small amount of water to dampen the baking soda so that as it dries it will become a solid base. Then you have a candle in a jar that gives you a fire resistant base, some breeze protection, and even a lid you can put on to store it.

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Latest article: Construct Dynamics

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August 08, 2014, 08:41:12 AMReply #21

Explorer

A Veritas Regular

Offline

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56

Karma:

5

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Re: Introduction to Kinetics

thank you rayn and kobok sir

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September 29, 2014, 11:39:21 AMReply #22

Enneack

Settling In

Offline

*

13

Karma:

1

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Re: Introduction to Kinetics

Quote from: kobok on June 02, 2014, 11:00:31 PM

Hi Enneack. It's a complicated question in totality, but there is another article here which endeavors to explain some of the reasons why I use the term "soul", and why we can completely rule out subconscious aspects of the brain as being the primary mechanism.

Hey Kobok, it has been a long time since I originally asked that question but I have come to see that you are right. I simply had a personal knee-jerk reaction to the word soul, but I understand the concept as you use it and have no philosophical problems with it whatsoever.

The question I keep coming back to though, is one of distance. I think that both you and Rayn said that distance shouldn't matter during PK, but my personal experience doesn't line up. I can move things from farther away than being right next to them, but the "force" (for lack of a better word) being transmitted is noticeably weaker than when I am close. This certainly could be the result of a mental block, but I'm not sure that's all there is.

Without getting too bogged down in details, it seems that there are two basic competitive theories to explain PK. One is the idea that you are manipulating the probability that a particular object will move. I think I've read that you favor this interpretation, Rayn. The other is that there is a "force" that is transmitted from one body to another, in this case, the wheel and myself.

If the first option is correct, distance should indeed not matter whatsoever. And yet, I can't really satisfy myself with this explanation. It doesn't really actually explain all that much. What does it really mean to influence the probability of something? Was that probability always objectively there, like some cosmic value that you are manipulating, or is it based on your subjective interpretation of the likelihood of that object moving? I think that absent a better understanding of probability than we (or perhaps just I) have, this answer doesn't really tell me anything more than I already know: somehow, I can make a physical system that is outside my body move.

That's why I've come to prefer the second option recently, although it too leaves very much to be desired. The key difference seems to me that if there is indeed some sort of signal being communicated, it could potentially be either blocked by something, or weakened over distance or time. I'm personally going to have to test these hypotheses myself and see what I can find, but I'd be very glad if someone had any thoughts on the matter that they would share.

As an aside, this website is awesome. I'd basically given up on the idea that there would be an online community that was actually interested in figuring things out rather than just claiming to know all. I'm glad this place exists, and I've already learned a ton here.

Logged

September 29, 2014, 01:59:09 PM Reply #23

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council
5000
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Re: Introduction to Kinetics

Hi Enneack. What we know from parapsychology studies is that distance never affects the result as long as the person doing it doesn't know how far away it is. This is essentially the prerequisite for testing this rigorously, and whenever that condition is in place, distances has no impact. So when does distance have an impact? This happens when the person doing the psi act knows how far away the thing is AND expects that distance has an impact. Therefore the other way to make distance have no reduction is to thoroughly internalize the scientific study results that distance doesn't matter, after which it will no longer hinder you.

As for the "force" theory, this explanation only sounds reasonable for the most straightforward of kinetic acts involving moving objects around. Most of what one does with kinesis involves far more complicated manipulations of things, where it can only reasonably be thought of as more like shifting of probabilities such that a different future state occurs.

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September 30, 2014, 03:08:50 PMReply #24
Enneack
Settling In

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13
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1
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Re: Introduction to Kinetics

Quote from: kobok on September 29, 2014, 01:59:09 PM

What we know from parapsychology studies is that distance never affects the result as long as the person doing it doesn't know how far away it is. This is essentially the prerequisite for testing this rigorously, and whenever that condition is in place, distances has no impact. So when does distance have an impact? This happens when the person doing the psi act knows how far away the thing is AND expects that distance has

an impact. Therefore the other way to make distance have no reduction is to thoroughly internalize the scientific study results that distance doesn't matter, after which it will no longer hinder you.

Now that is interesting. I'll try to find some studies on my own, but you remember offhand a good keyword or place to start looking?

Quote from: kobok on September 29, 2014, 01:59:09 PM

As for the "force" theory, this explanation only sounds reasonable for the most straightforward of kinetic acts involving moving objects around. Most of what one does with kinesis involves far more complicated manipulations of things, where it can only reasonably be thought of as more like shifting of probabilities such that a different future state occurs.

I guess it was too much to hope for that the explanation would lie within the bounds of classical physics.

I honestly just can't wrap my head around the probability manipulation hypothesis satisfyingly. I guess it all has to do with the essential flow, or change of the universe. And perhaps our energy can be utilized in ways that somewhat shapes that flow, but for the life of my I can't come up with a mechanism for how that actually happens.

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September 30, 2014, 04:05:27 PM Reply #25

kobok

Tech Team

Posts By Osmosis

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Karma:

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Re: Introduction to Kinetics

Quote from: Enneack on September 30, 2014, 03:08:50 PM

I guess it was too much to hope for that the explanation would lie within the bounds of classical physics.

I honestly just can't wrap my head around the probability manipulation hypothesis satisfyingly. I guess it all has to do with the essential flow, or change of the universe. And perhaps our energy can be utilized in ways that somewhat shapes that flow, but for

the life of my I can't come up with a mechanism for how that actually happens.

Well, the mechanism is certainly not within classical physics. As for that and the sources, you can find a list of sources at the bottom of the article [The True Nature of Psi](#). In particular, the [Conscious Universe](#) book has an excellent coverage.

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December 08, 2014, 08:30:13 PMReply #26

`Nazukarr

Posts By Osmosis

Offline

631

Karma:

14

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Re: [Introduction to Kinetics](#)

Fun tip - If you're struggling with expectation, channel a powerful fictional character.

You'd be surprised by how much more powerful your expectation becomes. :)

Logged

"I am not this hair, I am not this skin, I am the soul that lives within."

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<http://forums.vociety.net/index.php?topic=9683.0>

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Author Topic: Fundamental Dynamic Psi for the Beginning Practitioner (Read 103784 times)

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December 14, 2006, 03:47:08 PMRead 103784 times

Mobius

Veritas Council

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331

Karma:

28

Personal Text

Fundamental Psi Coordinator

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Fundamental Dynamic Psi for the Beginning Practitioner

Welcome Veritasians!

This course is intended to be a short duration project designed to teach participants

basic psi skills, hosted by myself, Shadowwarrior13, and Remakai. It will be strongly based on kobok's dynamic psi paradigm, and the topics to be covered include the following:

- Meditation
- Kinesis
- Scanning
- Energy Dynamics and Constructs
- The Philosophy of Psi

Meditation, in several forms, is a fundamental skill of all psionic practices. Kinesis, scanning, and energy dynamics represent the three pillars of our arts, and for each one we will discuss just what we think they are and how one might go about working with them. The philosophy of psi is a final topic, explaining what psi seems to be and how it affects each and every one of us. Each of these area will be given a cursory survey, sufficient to begin practice and exploration in each of the major areas.

This will be a public class, open to everyone. All material will be posted here publicly. Questions can be fielded to any of the teachers, either in threads dedicated to this course, via the forums PM system, or on IRC. Students are encouraged to discuss their experiences and share their questions both on the forums and in the #vmeta channel, as well as get involved in the Veritas mentor program.

Note that this course is not intended to replace kobok's "Way of the Psion" course. It is intended for those who are curious about psionics and did not make it during kobok's application period, or would like to practice their skills in the meantime. kobok's class will cover all of this material in considerably greater depth.

Lesson I: Focal Meditation

Focal meditation is a skill essential to the practice of dynamic psi. Through it, one acquires the mental skills required to operate psi purposefully. Without it, it can be extremely difficult to potently and accurately perform any psi feat.

To begin, read kobok's article on focal meditation, available here:
<http://forums.vrsociety.net/topic/4867.0>

One of our ultimate goals through focal meditation is to achieve awareness of the soul. With time, patience, and diligent practice of focal meditation, one will find oneself aware of it eventually. If it does not come immediately, relax! This is perhaps one of the most difficult steps in all of psi, simply because one does not immediately know what to look for. The time it can take varies strongly by individual. Don't get frustrated, keep practicing, and it will come to you eventually. Introspection is a great tool for finding the soul, and helps know the soul. After a degree of success is maintained with focal meditation, begin with focusing on your own mind, and see how deep you can delve into

it. As more and more of yourself is known to you, finding and connecting with the soul will be an easier task.

The soul, the fundamental component of our identity, is the foundation of all that we do in dynamic psi. What exactly the soul seems to be will be addressed in later articles (or can be gleaned from kobok's other articles in the psi section of Veritas, for the curious!). For now, try it take it on faith that it is there and that you have one. You can become aware of it, though what exactly finding this awareness means will be for you to discover. Look to the FAQ at the bottom of this post for frequent questions about finding the soul.

That is all for now. Practice your focal meditation, discover your soul, and prepare for the next lesson! Its going to be a fun one. :)

FAQ

Q) How can I keep my mind from wandering?

A) Meditation should not be strained. While focal meditation is the development and use of extreme focus, people get the misconception that focus requires strain. However, meditation cannot be simply left to its own devices, or the mind will wander as well. Through regular meditation, a happy medium can be found. When this is discovered, mental focus can grow significantly.

Q) Meditation is too boring.

A) The beginning stages of meditation can be a tad boring. However, once a meditative state is reached, that boredom dissipates. Power through it, and this feeling will fade, especially as one discovers the soul and moves onward on the path of psi.

Q) I just can't get focused.

A) Meditation is difficult for beginners, and a candle is a great resource. Try some relaxation exercises, and make sure that you're relatively calm. Stress makes meditation a good deal more difficult until one is better at it. While first learning meditation, start small. Try meditating for 5 minutes, no more than 10, and then leave. Don't give up, but leave it for a while later. Go for a jog, read a book, take a shower, and come back.

Q) How do I know I'm meditating on the soul?

A) The soul is not physical. While it has the power to influence the physical, it doesn't reside there. Therefore, if you're meditating on a point on your body or physical feeling, you're not meditating on the soul. Correct focus on the soul is often accompanied with a deep, introspective mindset, a good state of mental focus, very vivid perception, and a feeling of connection with the world, though it varies from person to person. Regular meditation helps strengthen which feeling is right and which is wrong, and you'll attain a stronger focal point within the soul.

Logged

Deus Ex Vir

December 19, 2006, 09:29:43 PMReply #1

haku
A Veritas Regular

Offline

**

Greenhorn

60

Karma:

0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

Can't wait for the next one.

Logged

Think!

December 31, 2006, 04:32:04 AMReply #2

aether11

Settling In

Offline

*

36

Karma:

0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

Can I have a sneak-peak for the next article? :)

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December 31, 2006, 10:55:22 AMReply #3

Mobius

Veritas Council

Veritas Furniture

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331

Karma:

28

Personal Text

Fundamental Psi Coordinator

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

I'm going to aim to have the next article up either today or tomorrow, depending on how

easily I can get in touch with Shadow and Remakai.

Logged

Deus Ex Vir

January 04, 2007, 09:24:51 PMReply #4

aether11

Settling In

Offline

*

36

Karma:

0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

stares at the clock

glances at the calendar

Jan, 4 2007?

Logged

January 05, 2007, 07:52:39 AMReply #5

Mobius

Veritas Council

Veritas Furniture

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331

Karma:

28

Personal Text

Fundamental Psi Coordinator

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

I know, I know. Sorry, don't mean to pull a kobok on you guys, but I've been having some trouble getting in touch with Shadowwarrior13, as he has a part he needs to write as well. Feel free to contact him through any venue possible and encourage him to hurry it up. ;)

Logged

Deus Ex Vir

March 08, 2007, 09:30:50 PMReply #6

sargon

Veritas Furniture

Offline

he-who-posts-lots

478

Karma:

0

Personal Text

Back from the dead

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

This topic is pretty dead by now, but I'll shamelessly post that I have chosen to become a psion rather than a magi. The reasons can be summed up as "Scientific process vs. Traditional ritual"

Logged

March 15, 2007, 02:50:58 PMReply #7

Philosopher

Veritas Furniture

Offline

316

Karma:

0

Personal Text

Bah.

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

I see no reason why you can't do both. Unless it a matter of no wanting to divide you attention and time.

Logged

March 15, 2007, 06:57:26 PMReply #8

TakeV

Veritas Council

Posts By Osmosis

Offline

Mad Scientist

946

Karma:

55

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

Quote from: Philosopher on March 15, 2007, 02:50:58 PM

I see no reason why you can't do both. Unless it a matter of no wanting to divide you attention and time.

It's perfectly reasonable to do both. As you get further into them, you slowly start to realise that they are fundamentally the same.

Logged

Sigil for focus

Best argument ever.

May 13, 2007, 06:39:41 AMReply #9

Jesse9209

Veritas Furniture

Offline

415

Karma:

29

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

I'm working through IIH and i'm doing step 1 is the meditation in the beginning of focusing on one thought and emptying the mind work as a substitue for focal meditation? I'd rater keep the amount of differnt meditations down so i have more time to work on them.

Logged

www.thedivinescience.org

May 13, 2007, 07:33:05 AMReply #10

Mobius

Veritas Council

Veritas Furniture

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331

Karma:

28

Personal Text

Fundamental Psi Coordinator

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

Well, focal meditation is used as part of later exercises. A substitution might be possible,

but I am not familiar with IIH, so I could not say how likely that may be. I do know some people who practice both systems, so I will ask them about this. :)

Logged

Deus Ex Vir

May 13, 2007, 11:12:00 AMReply #11

XIII

Veritas Teacher

Posts By Osmosis

Offline

Beauty
161

Karma:

12

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

The meditation that Bardón explains is what is known as 'void' meditation. It consists of emptying all of the thoughts in the mind by sheer force of will, and floating in the abyss. Focal meditation, however, is the complete and utter focus of all aspects of the mind on one thing. They are different, and used for different purposes. Void meditation helps mental control, but should not be substituted for focal meditation.

Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

May 15, 2007, 09:30:36 PMReply #12

zeon

A Veritas Regular

Offline

**

94

Karma:

0

Personal Text

feast upon atlantis and see the dirt we stand on

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

what if u practice chi,psi,and the science of "magic"

Logged

The two greatest flaws of humanity..

1. humans have a tendency to always take the hard way.

2. we always ask the wrong questions.

May 19, 2007, 04:56:43 PMReply #13

XIII

Veritas Teacher

Posts By Osmosis

Offline

Beauty
161

Karma:

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

What if?

You'll find that the systems do not conflict.

Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

May 20, 2007, 12:06:08 PMReply #14

zeon

A Veritas Regular

Offline

**

94

Karma:

0

Personal Text

feast upon atlantis and see the dirt we stand on

[View Profile](#)

Re: Fundamental Dynamic Psi for the Beginning Practitioner

ooo ok

Logged

The two greatest flaws of humanity..

1. humans have a tendency to always take the hard way.

2. we always ask the wrong questions.

Print

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» Fundamental Dynamic Psi for the Beginning Practitioner

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Author Topic: Fundamental Dynamic Psi for the Beginning Practitioner (Read

61122 times)
whizkid
New Member
*

Posts: 5
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #15 on: August 23, 2007, 08:01:46 AM »

this is great grin

Logged
Frostlock
Settling In
*

Posts: 13
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #16 on: October 20, 2007, 04:51:31 AM »

I have also chosen to be a psion rather than a magi..i did practice some magic and it worked quite well for me..the luck spells were great i was really having luck ..everything was going so well...but psi looks more interesting to me..probably after i master psi(i hope that will happen) i will also study magic again Cheesy

Logged
sandyz
New Member
*

Posts: 5
Karma: 0

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Focal Meditation Success

« Reply #17 on: November 13, 2007, 06:34:22 AM »

Hi have been very successful in meditations and I'm happy that I did try the Focal

Meditations and am practising it daily.

Logged

TakeV

Mad Scientist

Veritas Council

Posts By Osmosis

Posts: 943

Karma: 52

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #18 on: November 13, 2007, 10:26:47 AM »

Quote from: sandyz on November 13, 2007, 06:34:22 AM

Hi have been very successful in meditations and I'm happy that I did try the Focal Meditations and am practising it daily.

That is wonderful. Smiley

Logged

Sigil for focus

Best argument ever.

sandyz

New Member

*

Posts: 5

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #19 on: November 13, 2007, 09:43:41 PM »

Quote from: TakeV on November 13, 2007, 10:26:47 AM

Quote from: sandyz on November 13, 2007, 06:34:22 AM

Hi have been very successful in meditations and I'm happy that I did try the Focal Meditations and am practising it daily.

That is wonderful. Smiley

So can I now continue onto the Kinesis or the second part of this course?

Logged
TakeV
Mad Scientist
Veritas Council
Posts By Osmosis

Posts: 943
Karma: 52

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Re: Fundamental Dynamic Psi for the Beginning Practitioner
« Reply #20 on: November 14, 2007, 11:01:05 AM »
Quote from: sandyz on November 13, 2007, 09:43:41 PM
Quote from: TakeV on November 13, 2007, 10:26:47 AM
Quote from: sandyz on November 13, 2007, 06:34:22 AM
Hi have been very successful in meditations and I'm happy that I did try the Focal
Meditations and am practising it daily.

That is wonderful. Smiley

So can I now continue onto the Kinesis or the second part of this course?

If you found your soul, yes. Kinesis requires that you have done so, first.

Logged
Sigil for focus
Best argument ever.
sandyz
New Member
*

Posts: 5
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner
« Reply #21 on: November 14, 2007, 09:37:19 PM »
Yes, I have owing to the fact that I have been meditating for over five years now...it was
prety easy Smiley

So, I started yesterday evening with the candle flame technique. And boy is that tough! I tried again this morning....tougher still! I'll try this eve too!

Logged
Lucina
Settling In
*

Posts: 43
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #22 on: November 16, 2007, 07:44:51 AM »

i have been practicing candle flame for over two or three weeks now... my eyes are still adjusting and sometimes can get strain and lose my focus.

in oriental practice this is known as trataka,focusing on the candle flame till eyes water believed to have beneficial effect on the eye, how true?

Logged
I AM shining like the Son
I AM shining like the Sun
kobok
Veritas Council
Tech Team
Posts By Osmosis

Posts: 4893
Karma: 158

[Veritas Council](#)

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #23 on: November 16, 2007, 05:32:58 PM »

Quote from: Lucina on November 16, 2007, 07:44:51 AM

i have been practicing candle flame for over two or three weeks now... my eyes are still adjusting and sometimes can get strain and lose my focus.

in oriental practice this is known as trataka, focusing on the candle flame till eyes water believed to have beneficial effect on the eye, how true?

Try not to strain your eyes while doing this exercise. You must focus with your mind, not your eyes.

Logged

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Want to learn psi? Check out our collection of psi articles.

Secret Rose

New Member

*

Posts: 7

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #24 on: November 22, 2007, 06:50:07 PM »

I have tinnitus and vertigo (dizziness) and I don't seem to be bothered with that as long as I don't concentrate on it...It's just like distractions from the outside world, just don't focus on it.

I don't know why but the past couple of days I've kind of been zoning out really quickly as if in meditation, for no reason. Like I'll be putting something into the refrigerator and then I won't really be aware of my surroundings and time seems to pass by very slowly. Or if I'm looking at something my eyes will automatically defocus from everything for awhile. <---What does this mean?

Also, when I get dizzy spells sometimes I'm almost automatically placed into a meditative state because I can't really focus at all on the things going around me, and I can't do anything but just sit and basically do nothing. I can't process thought either. But I'm positive this isn't exactly a meditative state.

Sorry for the length of my post, but I have one more question, Would meditation possibly calm down an asthma attack? Or would it be too hard to reach that state of mind in that condition? I have recurring asthma and sometimes my medication does not always work.

Thank you for your help!

~Secret Rose

Logged
Lucina
Settling In
*

Posts: 43
Karma: 0

[View Profile](#)

Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #25 on: November 23, 2007, 07:10:40 AM »

perhaps some breathing exercise (such as pranayama) before you sit for concentration might help.

Logged
I AM shining like the Son
I AM shining like the Sun
supernova558
New Member
*

Posts: 2
Karma: 0

[View Profile](#)

Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #26 on: April 01, 2008, 10:07:43 AM »

i tried every singel website for this and i stil kant make a psi ball Bashing your head against a wall

Logged
Dillon02003
New Member
*

Posts: 4
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #27 on: July 11, 2008, 02:42:29 PM »

Can focal meditation count as something you are listening to? for example, I am working with BrainWave Entrainment and was wondering if I could, instead of focussing on a candle flame, focus on the sound of the beats.

Logged

XIII

Pirate of Veritas nth-Dimensional Planes

Veritas Teacher

Posts By Osmosis

Posts: 1159

Karma: 9

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #28 on: July 12, 2008, 02:52:28 AM »

I've had practice with various Binaural beat software, and I don't recommend using it, simply because it may become a crutch. It's healthier to simply do normal meditation, and skip the easy road; you'll gain more control in the long run.

Logged

(04:16:47) (@kobok) And if you push hard enough, you can shove quite a lot into a chicken.

Dillon02003

New Member

*

Posts: 4

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #29 on: July 14, 2008, 11:35:41 PM »

Quote from: XIII on July 12, 2008, 02:52:28 AM

I've had practice with various Binaural beat software, and I don't recommend using it, simply because it may become a crutch. It's healthier to simply do normal meditation, and skip the easy road; you'll gain more control in the long run.

Thanks, I really appreciate the advise! I am not very good at meditation though... I have what i guess you could call "Internal ADD" Instead of external distractions, my

thoughts distract me (I made it up to explain it). I learned to use this to my advantage with TK though, as a technique for "clearing the mind".

Logged

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Author Topic: Fundamental Dynamic Psi for the Beginning Practitioner (Read 61118 times)

XIII

Pirate of Veritas nth-Dimensional Planes

Veritas Teacher

Posts By Osmosis

Posts: 1159

Karma: 9

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #30 on: July 16, 2008, 02:04:38 AM »

Most people are like that. Just take some time, have perseverance, and you'll fix it.

Logged

(04:16:47) (@kobok) And if you push hard enough, you can shove quite a lot into a chicken.

ryo257ma

New Member

*

Posts: 2

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #31 on: July 31, 2008, 11:50:22 AM »

I just realized, I think I've already done a bit of focal meditation when I was a kid. We used to have little contests to see who could stare at an object the longest without blinking and I did it so long that everything around the object disappeared, i literally couldn't see anything other than the object. one thing though, rather than black, everything around turned white. I haven't done it in years though. I tried last night, (not a candle though) and I actually started seeing some really trippy things, like flickering in the walls, things getting glowing edges and such. So I'm trying again tonight.

Logged

ChezNips

Veritas Teacher

Teacher Emeritus

Posts By Osmosis

Posts: 1722

Karma: 7

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #32 on: August 28, 2008, 12:23:52 PM »

I don't recommend binaural beat software, rather an audio file or a CD to use. My reasoning is that I know many, including myself that get very bad headaches trying it out. I much prefer the use of something not so forceful that combines the binaural beats with music to relax. It can become a crutch if it's used and relied upon exclusively but yes, you really should learn to meditate on your own first and then branch out from there. For myself, I live with several other people and I often go to sleep when other people are awake and making noise so slipping on some headphones to shut out the world a bit more is bonus.

Secret Rose: Yes meditation can help with an asthma attack but I really urge you to look into biofeedback more specifically. Ed and Alyce Greene of the Menninger institute have written a great deal that helps a person control functions of the body such as heart rate, breathing and other functions. Just please use it with caution as with anything else.

Logged

some days you're the bug, some days you're the windshield.

PaperMan

New Member

*

Posts: 1

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #33 on: September 10, 2008, 09:16:21 PM »

I'm completely new when it comes to matters like this, although it seems strangely familiar. Anyways, when I try Focal Meditation I begin to feel some sort of strange sensation that is similar to what was described in kobok's article, but it also comes with another sensation, or paranoia, that I'm being watched. For some reason I feel threatened and I get worried that I'm opening myself up to see/experience something I don't want to and I end up losing that focus. Does anyone have any idea what might be

causing this? Is this all just in my head? Ha, Well I guess technically that statement is true regardless. Sorry if I'm being vague but It's hard for me to find words to describe that feeling. Perhaps trying something new is just freaking me out and I need to relax. =)

Logged

Hero

Settling In

*

Posts: 19

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #34 on: June 30, 2009, 03:21:28 PM »

whenever i practiced trataka I would stare at the candle just long enough to let its light to leave its afterimage into my eyes when closed then as the image starts to fade I tried to keep it there and reinforce it with my focus seeing how long i could keep it there.

lucid dreaming goes hand in hand with focus meditation. the mind is cleared of distraction then focused into control of the consciousness becoming lucid.

hmmm the feeling of being watched to . probably allowing subconscious fears to enter.whether its outter or inner forces causing them they have to be overcame even dreams sometime involve unwanted stuctures ect.

remember when in a focused state your senses are heightened, making even the slightist sound etc. seem more significant. this state can be a good thing as tunnel vission is bad.

If scared its best to create a stronger connection to the soul and inner calmness and warmth before proceeding. that way even if someone is arround you'll be clear headed.

« Last Edit: June 30, 2009, 03:38:20 PM by Hero » Logged

Roufas

New Member

*

Posts: 5

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #35 on: July 22, 2009, 04:12:18 AM »
Hello!

I have a very hard time visualizing things in my head. For example , my wife says when she closes her eyes and start imagining things , it is like entering a whole different world , full of colors.

Well , when I close my eyes , all I can see is darkness. If I try real hard sometimes I can see as if there were "grey sketches" of things I am trying to imagine. My dreams are mostly in black and white too.

I seem to be able to keep sort of focused on the candle flame but that requires me to strain my eyes ...

My question is , how am I supposed to focus my mind on the candle if I cannot really visualize it?

Logged
iiosnem
New Member
*

Posts: 1
Karma: 0

Master of Nothing

[View Profile](#)

Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #36 on: July 22, 2009, 12:04:25 PM »

Quote from: Roufas on July 22, 2009, 04:12:18 AM

Hello!

I have a very hard time visualizing things in my head. For example , my wife says when she closes her eyes and start imagining things , it is like entering a whole different world , full of colors.

Well , when I close my eyes , all I can see is darkness. If I try real hard sometimes I can see as if there were "grey sketches" of things I am trying to imagine. My dreams are mostly in black and white too.

I seem to be able to keep sort of focused on the candle flame but that requires me to strain my eyes ...

My question is , how am I supposed to focus my mind on the candle if I cannot really visualize it?

I believe that you are in the same place as me: mind weakness and lack of training.

Maybe your wife is like that naturally born big kid who steals other children's money between class. And you and I are those skinny one. But one day, we choose to try the gym and after discipline and hard work, we get strong too.

What do you think?

Logged

Hunting outer space zombies since 1987

Roufas

New Member

*

Posts: 5

Karma: 0

[View Profile](#)

Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #37 on: July 22, 2009, 09:19:24 PM »

Heh , that could be it. A spiritist friend told me I could have some kind of blockage too though , so I do not really know , that is why I was asking in the hopes that someone with knowledge on this could point out Smiley

He was saying something like "meditating on colors was very important" , according to him each color had its own significance.

Could it be that we have other senses more attuned though? So maybe sensing the candle's flame heat or just sensing its position or something like that?

I know that I can remember the places of things in my room in the dark , even though I do not really imagine it.I really only "see" darkness. This only seem to work with large things for me though , doing that with a small flame would be very hard if not impossible :x

Logged

Steve

Posts By Osmosis

Posts: 3290

Karma: 82

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #38 on: July 23, 2009, 07:18:06 AM »

Quote from: Roufas on July 22, 2009, 04:12:18 AM

Hello!

I have a very hard time visualizing things in my head. For example , my wife says when she closes her eyes and start imagining things , it is like entering a whole different world , full of colors.

Well , when I close my eyes , all I can see is darkness. If I try real hard sometimes I can see as if there were "grey sketches" of things I am trying to imagine. My dreams are mostly in black and white too.

I seem to be able to keep sort of focused on the candle flame but that requires me to strain my eyes ...

My question is , how am I supposed to focus my mind on the candle if I cannot really visualize it?

Read a book (fantasy, sci-fi, fiction, romance, whatever). After a set of action occurs, aka an event, close your eyes and imagine what just happened. Keep doing that until you're able to visualize the events to a clarity of your liking. Try to envision every detail you can, making up what the book does not tell you, and try to fluidly visualize the action as it transpires.

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

Roufas

New Member

*

Posts: 5

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #39 on: July 24, 2009, 07:17:05 PM »

Thank you , I will try that Smiley

You think I should first get a grasp of visualization before I start to seriously meditate , or should I consider this simply an "extra" task?

Logged

Steve

Posts By Osmosis

Posts: 3290

Karma: 82

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #40 on: July 25, 2009, 03:42:49 PM »

Start meditating now.

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

darthlobo

A Familiar Feature

Posts: 180

Karma: 0

[Padawan Learner](#)

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #41 on: January 28, 2010, 05:00:31 PM »

I tried focal meditation today by focusing on a pencil I placed on the floor of my room.

At one point the pencil seemed to become apart of the carpet; does this mean I was on the right path of focal meditation, or does it simply mean I should blink more?

Logged

I choose the Twilight Path to the Dawn.

Rawiri

Wandering Nomad
Veritas Teacher
Posts By Osmosis

Posts: 918
Karma: 42

Veritas Teacher

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Re: Fundamental Dynamic Psi for the Beginning Practitioner
« Reply #42 on: January 28, 2010, 06:43:32 PM »
It doesn't really mean anything.

Don't judge whether you're on the right path by all the sensations you will no doubt get as you go on. They can show you're obviously doing something - but ultimately they'll pass away a bit too.

If you can calmly focus, if you have a slow but deep 'unfolding' happening within you and if you can sense your soul...

If your life starts to run all that bit smoother, if you think clearly and feel deeply...but maintain the reigns on those feelings - then rest assured you're on "the right path."

You can tell better by how you go about your daily life - than how you get along when meditating itself. Smiley

Logged
darthlobo
A Familiar Feature

Posts: 180
Karma: 0

Padawan Learner

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #43 on: January 29, 2010, 05:37:56 AM »

Thank you. I have such a hard time mediating, that it is difficult for me to tell when I am doing it right, let alone using focal correctly.

Logged

I choose the Twilight Path to the Dawn.

Cheesewheel23

New Member

*

Posts: 6

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #44 on: May 30, 2010, 05:19:57 PM »

Is there a general recommended amount of time one should spend solely on focal meditation before moving onto the next lesson? (A week? A month?)

Logged

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Author Topic: Fundamental Dynamic Psi for the Beginning Practitioner (Read 61120 times)

Rawiri

Wandering Nomad

Veritas Teacher

Posts By Osmosis

Posts: 918

Karma: 42

Veritas Teacher

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #45 on: May 30, 2010, 06:04:04 PM »

In the non-public lessons, focal meditation was done for about 2 weeks before the next lesson.

Time is not a very good measurement, though.

The later lessons require you to have 'found your soul' - so you don't move on until

you've done that. It could happen quickly, or it could take a while. Development is different for each person. And of course, meditation is continued afterward.

Logged

Cheesewheel23

New Member

*

Posts: 6

Karma: 0

[View Profile](#)

Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #46 on: May 30, 2010, 06:14:59 PM »

Ah, that helps a lot. Thank you.

Logged

amaobi

New Member

*

Posts: 1

Karma: 0

[View Profile](#)

Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #47 on: July 14, 2011, 06:30:54 AM »

am too anxious to meditate on ma soul and i know i can do it but i cnt silent my thoughts

Logged

Akenu

Posts By Osmosis

Posts: 2679

Karma: 35

यम या रा आना

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #48 on: July 14, 2011, 07:21:06 AM »

@amaobi:

Few tips:

Focal meditation with candle light, focal meditation with antahkarana symbol

Zai-zen meditation (simple counting of breaths)

Fourfold meditation

japa meditation (om namah PSivayah should do the trick).

Logged

Hepaby!

- <http://akenu.blogspot.com>

- TOHO Order

- Magickal Curriculum

Robin

Posts By Osmosis

Posts: 1002

Karma: 32

Your friendly neighborhood Verigeek.

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #49 on: July 14, 2011, 12:19:02 PM »

Quote from: Awakened on July 14, 2011, 07:21:06 AM

japa meditation (om namah PSivayah should do the trick).

I lol'd. Brilliant, Awakened! Smiley

Logged

Mr.Joker

New Member

*

Posts: 7

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #50 on: February 22, 2013, 07:49:16 AM »

I am new to all of this but I totally like it. It's amazing how well you explained all what we need to know as beginners. Thanks!!

Logged

seanburtonsb

New Member

*

Posts: 2

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #51 on: March 14, 2013, 10:54:57 AM »

from my experience and understanding of meditation it is more beneficial to do both focal and void meditation rather than doing them separate, its just a matter of slipping into one state of focus, and then naturally allowing your self to slip back to the other by doing this its still extreme concentration thats the focal and the void is when you by sheer will stilling your mind but either way it takes concentration to achieve both so to me they are one in the same...i mean speaking from my own experience.

Logged

Akenu

Posts By Osmosis

Posts: 2679

Karma: 35

यम या रा आना

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #52 on: March 14, 2013, 11:02:03 AM »

@seanburtonsb: Void meditation is about a complete loss of perception of your body,

your mind and your surroundings (no thoughts, no internal input, no external input). I do not think that it can be accomplished during focal meditation, maybe after as a next step.

Logged
Hepaby!

- <http://akenu.blogspot.com>
- TOHO Order
- Magickal Curriculum
supadude
Super Villain
Posts By Osmosis

Posts: 803
Karma: 16

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #53 on: March 14, 2013, 03:38:07 PM »

Quote from: seanburtonsb on March 14, 2013, 10:54:57 AM

from my experience and understanding of meditation it is more beneficial to do both focal and void meditation rather than doing them separate, its just a matter of slipping into one state of focus, and then naturally allowing your self to slip back to the other by doing this its still extreme concentration thats the focal and the void is when you by sheer will stilling your mind but either way it takes concentration to achieve both so to me they are one in the same...i mean speaking from my own experience.

Trying to do both at the same time is counter productive and will ultimately achieve you nothing , seeing as the goals of focal and void meditation are completely opposite. In other words, you cant clear your mind by thinking harder, and you cant focus on one thing while you are trying to clear your head of all things.

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Hellblazer
Posts By Osmosis

Posts: 1480
Karma: 84

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #54 on: March 14, 2013, 05:00:36 PM »

Quote

Void meditation is about a complete loss of perception of your body, your mind and your surroundings (no thoughts, no internal input, no external input). I do not think that it can be accomplished during focal meditation, maybe after as a next step.

It can be achieve in a way through focal meditation. As the object of your attention should in some way keep your conscious mind occupied. All other external sensations and thoughts will stop. This is a deep state of trance. This is a state of single minded focus or one-point awareness.

Logged

I am not the man I once was.

Akenu

Posts By Osmosis

Posts: 2679

Karma: 35

यम या रा आना

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #55 on: March 15, 2013, 01:47:53 AM »

Quote from: BubbaFett on March 14, 2013, 05:00:36 PM

Quote

Void meditation is about a complete loss of perception of your body, your mind and your surroundings (no thoughts, no internal input, no external input). I do not think that it can be accomplished during focal meditation, maybe after as a next step.

It can be achieve in a way through focal meditation. As the object of your attention should in some way keep your conscious mind occupied. All other external sensations and thoughts will stop. This is a deep state of trance. This is a state of single minded

focus or one-point awareness.

Yup, but it still isn't void.

Logged

Hepaby!

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Author Topic: Fundamental Psi: Introduction to Kinetics (Read 16577 times)

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January 07, 2007, 10:03:26 PMRead 16577 times

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Fundamental Psi Coordinator

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Fundamental Psi: Introduction to Kinetics

Introduction to Kinetics

Kinesis is one of the most popular, famous, and striking powers in the realm of future selection. Future selection, you will recall, is one of the three primary disciplines of psionism, dealing with changing and transforming the world around you. Future applications can range from opening doors, to healing, to setting in motion far larger events. It can be applied in nearly limitless ways, of which this first lesson in kinetics will serve as only one example.

The contents of this lesson are covered in kobok's article, "Introduction to Kinetics", available [HERE](#).

Please note that this exercise is recommended only for those that feel they have discovered their soul in the focal meditation exercise, as the soul is a necessary component. If not, please return to it [HERE](#), and redouble your practices!

This first exercise, the bending of the candle flame, may seem trivial. However, it is an excellent first step, as it allows one to practice their beginning kinesis skills and receive immediate feedback as to how well they are doing. Almost all of those who have managed to succeed at this lesson have reported some very enthusiastic side effects: to realize that you have the power to change the world, to see it before you with your own eyes, is an empowering feeling indeed.

The next lesson will deal with some possible further applications for future selection and kinesis, and we will also be moving beyond a survey of kobok's public material. Until then, get bending that flame.

The journey has only just begun. :)

FAQ

Q) Why won't it move?

A) There are a few factors that could contribute to this. You could be still struggling to connect with the soul, in which case I advise you practice more inward focal meditation. Your mind could be wandering, in which case you should practice more mental control. As always, there's the possibility that you're simply still learning to 'flex' the soul, in which case, the only thing you have to do is practice. :)

Q) It hurts my eyes.

A) Try focusing near the edge candle, or seeing it out of the corner of your eye. Sit farther away, or practice in a brighter room. Try something to help your eyes adjust to the candle.

Q) I can't concentrate hard enough.

A) First of all, you shouldn't strain. Don't kill yourself trying to move the flame, as too much stress can raise blood pressure and, well, cause stress. Keep calm and relaxed. If you're having trouble retaining focus and concentration, practice focal meditation more often until you can concentrate better.

Q) I'm straining, but I can't get it to move.

A) See above answer.

Q) How do you move your soul?

A) In all reality, you can't 'move' the soul in the sense of the word. The soul is not a physical object, and it can't move if it doesn't exist physically. However, what you want to do is concentrate on the flame, and let your soul change 'shape' to match that of the flame. We use words like 'move' and 'shape' simply because we have no better word to describe what's happening. Concentrate on the flame, mirror the flame in your soul, and move the flame deep within.

Q) How can I be sure I did it?

A) If done correctly, some pretty amazing things can be done with kinesis. Try minimizing wind around the flame so there's minimal flickering and swaying of it, sit farther away, and see how extreme you can get the flame to move. Don't overexert yourself in the beginning, and keep practicing.

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Deus Ex Vir

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»Fundamental Psi: Future Selection

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Author Topic: Fundamental Psi: Future Selection (Read 34566 times)

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January 21, 2007, 11:56:03 AMRead 34566 times

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Fundamental Psi: Future Selection
On Future Selection

Future selection is, in essence, the art of change in the world. It is a concept that appears to be, amongst all the psionic paradigms, unique to dynamic psi. Where kinesis is the specialized application of causing direct, often breathtaking transformations, future selection is also capable of effects far broader and more subtle. The possibilities that lie within it range from healing to manipulation of the outcomes of politics. A student diligent at their study of future selection has at their disposal to alter reality in nearly any way conceivable.

Why is this technique called “future selection”? The future exists in an indefinite state, as it has not yet been observed. Through the technique, one is essentially defining the state of things that will actually be in at that point in time. This can range from a specific declaration that the book will simply move from one end of the table to the other in the space of a second, to a declaration that the person you have your eyes on will be at the coffee shop down the street this afternoon. In the latter case, the only thing that you have determined is the end result. This future will then be the one that occurs, and it seems that the powers that be will fill in the getting from point A to point B. Interestingly enough, future selection can operate on the past as well, albeit in a limited fashion. This topic may be covered later if there is an interest in it demonstrated.

How is it done? The performance of future selection is no different than that of the kinesis you have performed on the candle flame. Through a clear and vivid expectation of the soul, the intent manifests. There are things that can be done to assist this process, such as through direct energetic manipulation, but these will be covered in later lessons. Clearly, it is essential that you make sure that you are able to capably manipulate the candle flame before proceeding!

One thing to take note of is that the exact choice of intent to use is very important. Those who have done well at the candle manipulation exercise will understand that the most effective intent is a very natural expectation. However, when dealing with something like healing for example, it is easy to create a subtle expectation of the

disease as a force that must be overpowered or overcome. Take care to avoid creating such subtle influences in your intent, focus only upon the objective that is desired to be achieved. Try to keep your intents as simple as possible. Don't try and micromanage the way an application will manifest if simply stating the goal will suffice.

The primary limitations on the changes one can cause through future selection are self-imposed restraints on expectation. As almost anyone who has succeeded at the candle manipulation exercise can attest to, learning to set aside one's natural expectations about the world in order to truly create a clear intent to change it is no easy task! While future selection is a highly versatile technique, do not mistake its flexibility for ease. Remember, as you begin practice in this, start small and work your way upwards. It can also be easier for most people to start with selections that can appear "coincidental", and move slowly into things that are more and more blatant.

The following are some examples of areas to which you might apply future selection in order to practice and attain greater mastery. Pick one that is suited to you, or come up with your own ideas, and get going!:

Continuing candle manipulation: The next objective on this route is to try and extinguish the candle flame. This is most easily accomplished by gradually making the flame shorter and smaller, until the point that it vanishes completely (note that some people have difficulty forming this expectation, hence its movement from Comprehensive Psi I to Psi II). Once this skill is mastered, it is possible to move on to relighting the candle. This can be done by performing a reversal of the above process after it has already been extinguished, allowing the flame to "grow" once again, until it returns to its normal state. With time and practice, you can increase the interval between extinguishing and relighting more and more. Kobok asserts that it is eventually possible to light the candle without having had it lit and extinguished in the first place, though I do not know of any students that have remained interested in this area long enough to also reach this point. Perhaps you will be the first. :)

Kineting other Objects: Performing kinesis on any other object is possible. One can start by attempting to move small, easily rollable objects such as pens and pencils, and proceed gradually to more advanced tricks such as opening doors. XIII is the king of this realm, if you have any questions or ideas you'd like to try, be sure to look him up.

Statistical Kinesis: This one is more subtle than the previous ones. Take a die of any size, and select a future where a specific value comes up. Repeat this process, and use the immediate feedback given by the result of a die throw to your advantage. Attempt to gain a persistent awareness of the soul that you recognize as being behind the successful throws, and attempt to duplicate it. With practice, your title as a Dice Saint will be guaranteed. When I studied this application, I got very remarkable results, and if you're clever this is one area with some very interesting real life applications. You are not limited to dice; cards or other systems with degrees of unpredictability can work as well.

Healing: This can be a tricky area, but obviously one that can be very rewarding. To begin with, it is important that you practice in the right circumstances. Remember the discussion above about not accidentally forming an expectation of resistance? This becomes significantly harder when you are already sick and suffering. Instead, focus your attempts on healing others, or yourself at the very beginning stages of illness. Begin by trying to aid the natural healing process, using expectations of speedy recovery. With time, you can decrease the length of that healing process, until it can sometimes be managed nearly instantaneously. I've had some measure of success even with more serious ailments, but there is a definite degree of natural expectation of difficulty in dealing with those. What is important to keep in mind, though, is that that expectation of difficulty is all in ones head – with time and experience, this lesson can be brought to heart.

The possibilities with future selection are nearly infinite. You are not limited to the above choices, you may instead pursue any possibilities that you like. Whatever you do, practice, and forge a bright future with your talents. Feel free to post any thoughts or questions you may have, and to share the results of your experience. :)

« Last Edit: October 31, 2007, 05:17:13 PM by Frozen »

Logged

Deus Ex Vir

January 21, 2007, 12:59:04 PMReply #1

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

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Re: Fundamental Psi: Future Selection

Nicely written, Gemini. :) You dive right into the theory, and give a wide variety of example applications for it. I encourage people to comment or ask questions if anything is unclear.

Logged

Latest article: Construct Dynamics

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January 21, 2007, 02:33:07 PMReply #2

aether11
Settling In

Offline

*

36

Karma:

0

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Re: Fundamental Psi: Future Selection

Ah, so Future Selection could be more or less a form of programing?

EDIT: By the way, nice article.

Logged

January 22, 2007, 03:07:54 PMReply #3

XIII

Veritas Teacher

Posts By Osmosis

Offline

Beauty
161

Karma:

12

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Re: Fundamental Psi: Future Selection

Future selection would be a way to choose that the programming happen on its own. It's more changing the course of events about to happen, thus the name.

Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

January 22, 2007, 04:58:33 PMReply #4

Steve

Posts By Osmosis

Offline

3685

Karma:

139

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Re: Fundamental Psi: Future Selection

For the healing one specifically, I figured I should throw something else in. Kobok has mentioned the idea before so it's nothing new and it's not purely from my own mind, and it actually does apply to the other uses as well.

Don't just focus on "healing" the person, where you're trying to "correct" the problem and change their body back to what it used to be. This is the stage that often produces the psychological expectation of a hurdle to be overcome. Instead focus on the person being already healthy, focus on increasing that already existing health, imbuing their entire being with a complete sense of health. Don't even think about the illness, just think about the person being healthier than they are now as though they aren't even sick to begin with. Focus on their body being clean and clear, their energy being pure, and their mental state being calm and positive.

If they are imbued with health then they obviously cannot be sick, so the intention will naturally remove the sickness in order to meet the intention without the practitioner even having to think about the illness :)

If it is difficult to do without thinking of the illness, then split the intention into two aspects in your mind; 1) the intention to remove the illness, 2) the intention for the person to become being healthy and becoming healthier. Then just cut off the first aspect and think about only the second :)

~Steve

« Last Edit: January 22, 2007, 05:01:56 PM by Steve »

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

January 22, 2007, 07:51:58 PM Reply #5

Frozen

Posts By Osmosis

Offline

Posting chief

1072

Karma:

1

Personal Text

Posting chief

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Re: Fundamental Psi: Future Selection

I suppose there is a lot of room for doubt when using future selection for minor things. They can be passed off as coincidence. But after talking about them, and thinking enough on some of my own experiences, I can't deny them. One of the most important things for people to remember, is that doubt can cloud some of the most enlightening moments of our lives. Solid acts of everything from telepathy to kinesis can be waved off as crazy or coincidental. Your own abilities can pass by you, so keep one eye open wide and clear.

Just as an example of the other uses of future selection, I'm going to talk about my brother for a minute. I loaned my brother five dollars. He paid me four and absolutely denied that I had given him a dollar more. Angry over the dollar, it was the principle of the thing, I got onto the bus and fumed the whole way. After the buses let us off to go into the school, something on the ground caught my eye. Despite the fact that over six hundred students had already gone inside and walked past that very spot, I found a dollar. Coincidence? I surely thought so. The universe refunded my lost dollar! I even laughed about it with my friends, thinking it was a funny turn of luck. Was it?

My point is that just because a small part of you is filled with doubt, doesn't mean you're wrong. I'm not going to say that coincidences don't happen, because I believe that sometimes they do. Don't underestimate the power of your own self-confidence, and don't underestimate yourself. You can read this article and think that it is definitely too advanced and difficult for you. You will never know until you try it. And imagine what could happen when you do.

Logged

* chirss was kicked by kobok (Denny Crane)

I CARVE EVERYTHING YOU SAY INTO MY LEFT ARM!

~ V

<ShoresofPluto> how often do u ignite fires with ur mind?

<kobok> On occasion.

[20:06] <kobok> XIII: You wear your girlfriend's pants??

[20:06] <XIII> kobok: On occasion.

March 08, 2007, 09:26:36 PMReply #6

sargon

Veritas Furniture

Offline

he-who-posts-lots

478

Karma:

0

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Re: Fundamental Psi: Future Selection

Nice article. I use this technique often, haven't gotten to put out a candle flame though.

Quote from:

Future selection is, in essence, the art of change in the world. It is a concept that appears to be, amongst all the psionic paradigms, unique to dynamic psi.

Would you say "Remote Influencing" is essentially the same thing? RI is generally used for manifesting material wealth or desired states of being. I think the reasons why future selection and remote influencing work are the same.

P.s. Can you really open doors? I've tried it a few times on locked doors when I lost my keys, but to no avail.

« Last Edit: March 08, 2007, 09:59:02 PM by sargon »

Logged

April 01, 2007, 03:24:26 AMReply #7

Enchia

Posts By Osmosis

Offline

1018

Karma:

28

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Re: Fundamental Psi: Future Selection

Would it be possible to alter a persons thinking using future selection, let say that somebody you know has a habit of drinking to much, way to much. Could you then for example alter his way of thinking about this topic so that he drinks less?

Logged

April 01, 2007, 11:17:12 AMReply #8

Archaic

Settling In

Offline

*

10

Karma:

0

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OS Brotherhood
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Re: Fundamental Psi: Future Selection

Yes, you merely decide the outcome. The means for time to unravel into the outcome may vary. You have to have a specific, well-formed intent, however.

Logged

Here, I offer you the way... What? You don't see it? ... No Mind and you may enter...

Do you see it?

- Chris

April 01, 2007, 06:12:05 PMReply #9

Mobius
Veritas Council
Veritas Furniture

Offline

331

Karma:

28

Personal Text
Fundamental Psi Coordinator
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Re: Fundamental Psi: Future Selection

Well, thats a bit of a tricky subject, actually.

In general, it is very difficult to alter people's behaviors for an extended period. This is because they, like you, possess a soul, and that soul also exerts an influence, whether they realize it or not. Part of that influence includes the expectation of their own nature. This is something that is enforced constantly. As it does not seem to be really feasible to directly alter the soul (and this is perhaps fortunate), you cannot change that nature, and it will eventually override any change you attempt to make.

It seems possible to alter people's behaviors temporarily, even to a radical degree. But to change something like drinking is a different matter, and difficult to make it go away permanantly. A better, wiser strategy is to help people grow and develop the nature of their soul. This can include helping them to discover what drives them to drinking, and addressing those problems, rather than trying to force growth upon them. *That* is a choice they themselves must make.

Logged

Deus Ex Vir
April 01, 2007, 10:25:44 PMReply #10
Archaic
Settling In

Offline

*

10

Karma:

0

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OS Brotherhood

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Re: Fundamental Psi: Future Selection

Quote from: Gemini on April 01, 2007, 06:12:05 PM

A better, wiser strategy is to help people grow and develop the nature of their soul. This can include helping them to discover what drives them to drinking, and addressing those problems, rather than trying to force growth upon them. *That* is a choice they themselves must make.

We cannot overlook the nature of future selection, however. By future selecting, the above quote is one means by which the desired outcome is achieved, whether the selector or another person is the one who gives this person personal aid. Also, while the soul may not be as easy to influence as other things in this world, one could affect the chemical and perhaps emotional addiction in the brain that drives the person to the addiction. All of these things combined could bring about the desired result. Future selection, in my opinion, would definitely work in this case. Another, perhaps extreme, argument is that the ability of future selection should never be doubted by the selector, and if alcohol has to be banned for the outcome to be achieved, then alcohol will be banned.

Logged

Here, I offer you the way... What? You don't see it? ... No Mind and you may enter...

Do you see it?

- Chris

April 02, 2007, 07:04:32 AMReply #11

Mobius

Veritas Council

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331

Karma:

28

Personal Text

Fundamental Psi Coordinator

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Re: Fundamental Psi: Future Selection

It is true that your own intervention can become the method through which the selection manifests. However, unless you are able to absolve the weaknesses in the soul itself, the problem will return, though perhaps in a different fashion. You are in essence still only treating the symptoms, not the problem itself. The only way that the soul will change is by willful desire on the the part of that soul itself.

The soul itself does seem outside the range of future selection without the will to permit its operation. This actually came as a surprise to me as well, as my initial expectation was similar to yours. The realization came to me during a slightly more advanced exercise in Psi II known as "Optimal Meditation", which could be understood as future selection of the self. In this technique, a group of characteristics that one wishes to assume is applied in similar fashion. What I found greatly puzzling is that some of these characteristics did not manifest, while others did, all to a superlative degree. The failed attributes might appear for a short time, but were diminutive in intensity by comparison. It did not seem likely that the problem was in my application of the technique, as all desired objectives are treated holistically. It was with much experimenting and consulting with others that I finally came to the realization that this was due to the fact that as a soul I was not truly willing to embrace the changes I was attempting to force. Those that did work, however, I did discern I was much more willing to embrace.

Prior to my studies of dynamic psi, I utilized telepathic suggestion extensively under my own paradigm. My experiences there I now realize correlated in the same fashion as future selection. It was possible to alter people's behaviors and personalities to extraordinary degrees, but I could not figure out why I could not make the changes permanent.

If you have experience to the contrary, do share. :)

« Last Edit: April 02, 2007, 07:07:06 AM by Gemini »

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Deus Ex Vir

April 02, 2007, 10:11:23 AMReply #12

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: Fundamental Psi: Future Selection

I apologize, that was Archaic posting on my behalf. I was not able to log in due to lack of direct access to a computer. Thus, I am familiar with the exercise that you speak of, and I do agree, the soul, and for good reason, is quite different than anything else you might come across. For me, however, the exercise went a bit differently. Every attribute that I attempted to instill within my character was successfully formed, except one (for the same reason that you suffered as well), but I found myself unable to even form the desire to do so for a characteristic that I was currently unable to embrace. Dynamic Psi truly makes you ponder things philosophically and spiritually.

You make good points, and I believe that our discussion has benefited the reader. Whether I still hold to my original belief, I am unsure, because the mechanism for the future selection can still include a treatment of the problem itself by personal intervention (whether it is done by the selector or another). I do have various experiences that I am not willing to share and know people with various experiences that I am not willing to share either, how I interpret these experiences, however, I have not yet decided; thus, their mentioning is irrelevant anyway. I apologize.

I suppose I'm answering you without choosing a side, because I am left undecided. :headwall: Perhaps the take-home message is to try this yourself, but the key is always to have faith in what you're doing. If you (you meaning anyone in particular) can honestly say that, with adequate skill and complete faith, the selection did not work, then the selection, in this particular case, does not work. The problem then lies in the situation following: Perhaps you then proceed to help the person through their problem, and they then overcome their drinking addiction. Did the selection then work?! Perhaps it worked completely through a variety of mechanisms: Spurring you to action; disallowing the addict, on occasion, to be able to acquire the particular addiction; lessening the chemical addiction; etc.

« Last Edit: April 02, 2007, 10:21:01 AM by Hech »

Logged

<http://www.thedivinescience.org>

April 05, 2007, 12:19:56 PMReply #13

Winds mover001

A Familiar Feature

Offline

103

Karma:

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Re: Fundamental Psi: Future Selection

I think that's an excellent article, and to all input thus far in here "excellent". Personally, though sometimes I find that there are other forces at work. Soul searching, I believe is the key to anyones success in any undertaking that they may want to do. I've sensed all too many times people take on way too much at once, and find that stress can win. Stress can be ones own frustration, stress from others cruel intentions. I think everyone needs to release themselves from whatever it is they're trying way to hard to do. Also, I beleive that weekness can also be ones friend. When I've "let it go", I find the very things I'm trying to do always sneaks up on me at the least possible moment. Coincidence? I beleive that if sometihing is way to coincidal than there is something else at work there. Also beleive as people get older their mnds grow with us. I believe in always stimulating your neurons to keep your mind healthy. I'm new to a site like this one, but ancient when it comes to common "sense". In my life letting go sometimes comes back to haunt. Seize the ghost that haunts you, and find out why its haunting, only then will one find that selecting ones future can be very easy. That's what I think. (so far) . I'm looking forward to reading more on this and other topics as they come up. The mind is a wonderful thing, use caution when trying to make it prettier!

Logged

August 23, 2007, 09:28:59 AMReply #14

whizkid

New Member

Offline

*

5

Karma:

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Re: Fundamental Psi: Future Selection

hei I have a question I didn't understend the thing with Statistical Kinesis :confused:

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Author Topic: Fundamental Psi: Future Selection (Read 32799 times)

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October 31, 2007, 09:48:14 AMReply #15

Emira

A Familiar Feature

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El Mira - The Sight

150

Karma:

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Personal Text

Live. There is no plan B.

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Re: Fundamental Psi: Future Selection

IS the healing method of future selection meant only for acute illnesses, or would it work with chronic illnesses (such as anemia, type I diabetes, etc.?) Maybe the name is just throwing me, but chronic problems wouldn't have developed in the future they would have developed sometime in the past.

Logged

“The purpose of all the major religious traditions is not to construct big temples on the outside, but to create temples of goodness and compassion inside, in our hearts.” –The 14th Dali Llama

http://nobelprize.org/nobel_prizes/literature/laureates/1993/morrison-lecture.html

October 31, 2007, 11:07:34 AMReply #16

Mobius

Veritas Council

Veritas Furniture

Offline

331

Karma:

27

Personal Text

Fundamental Psi Coordinator

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Re: Fundamental Psi: Future Selection

Thats probably one issue I do have with the term actually, yes. It can be used to affect things in the past as well. The rules for that are a bit complicated, but the short version is that you can't change anything that was known to have happened. Developing a chronic illness pretty obviously already happened, so you can't undo that.

However, it is quite possible to use future selection to treat such illnesses in the present. Chronic and other serious illnesses can be a little tricky, because of the high emotional weight they carry. That said, if you can manage to surmount that difficulty, then such a healing is no different than any more mundane illness.

Logged

Deus Ex Vir

November 05, 2007, 12:42:03 AMReply #17

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

4988

Karma:

171

Personal Text

Veritas Council

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Re: Fundamental Psi: Future Selection

Quote from: Emira on October 31, 2007, 09:48:14 AM

IS the healing method of future selection meant only for acute illnesses, or would it work with chronic illnesses (such as anemia, type I diabetes, etc.?) Maybe the name is just throwing me, but chronic problems wouldn't have developed in the future they would have developed sometime in the past.

You mention that chronic illnesses started in the past. But this is not relevant, because healing a chronic illness is the act of making a chronic illness no longer there in the future. To heal, you don't have to have never gotten sick, you simply have to become healthy (and this is the desired future state).

And of course the answer to your question is yes, it can work for chronic conditions as well, because what you're really inducing either way is a change. The problem, as Mobius mentioned, is that we have a tendency to erect powerful psychological barriers when we start labeling certain things as "chronic" or "incurable" because we have no technological cure. Much of the challenge in psi is learning how to overcome these psychological barriers.

Logged

Latest article: [Construct Dynamics](#)

Want to learn psi? Check out our collection of psi articles.

December 17, 2007, 04:10:02 PMReply #18

LaVelle

[A Familiar Feature](#)

Offline

234

Karma:

1

Personal Text

If I don't find the truth, then who will?

[View Profile](#)

Re: Fundamental Psi: Future Selection

Wow, I'm really impressed. I really like this website because it seems like everyone here is like a somewhat family and I say family because people would help their family learn if that was needed, and it seems like that is what is going on... Even with the debates, it's just someone trying to shine logic on the certain ways on how to perform "future selection" and with all the debating it's hard to choose a side, also with me being new to Dynamic Psi, it is somewhat difficult for me and I'm a very bright young adult.

Now I would like to give a point off of what I think future selection really is and any dynamic psi such as kinesis too. I think Future Selection, is the ability to change the outcome of what you think or the future of what one wants to be desirable to one's wishes. Because it seems like if you have the right amount of intention wheather doing kinesis or not then what you want shall be done. That is the only reason why I find it so easy to do dynamic psi, because of that reason. Also for Kinesis, it is much like the same thing, if you want to change something on the outside world then you must be willing to change your soul first and then tell you soul what you want it to do and see the result of the change happening.

I think also that emotions can have an affect too, because... it was my first week doing psi and in particular I was trying to perform aerokinesis at will. My mother and her so called boyfriend was arrguring while I was doing focal meditation and my little brother came to get me out of my room because he said the guy was drunk. So I thought he attempted to hit my mother and the flame infront of me bended in the opposite direction of where I was sitting and blow out. My little brother jumped as if he was scared and I looked down to see if that was a wind current. So I went to my mothers room and saw her throwing the drunk's things out and when she walked passed him he poked her, so I took that as affense and that made me even more upset and I jumped on him and took him outside... while I was taking him out there or attempting my clothes and my hair was pushing away from me like I had wind build up in my body. What was that can someone explain?

Logged

What a man believes upon grossly insufficient evidence is an index into his desires -- desires of which he himself is often unconscious. If a man is offered a fact which goes against his instincts, he will scrutinize it closely, and unless the evidence is overwhelming, he will refuse to believe it.

December 22, 2007, 07:29:26 AMReply #19

Casper

Settling In

Offline

*

28

Karma:

0

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Re: Fundamental Psi: Future Selection

Verrry interesting stuff. I haven't heard about this before, but I will try it out.

Dice you say? Maybe as start, but why not lottery balls :)

Seriously. Let's all try and see how it works out. My biggest pet peeves with all the grimoires was that they don't do stuff like lottery. Always some "how to find treasure" and stuff.

Well - all treasures are pretty much found and gone by now. Sure, there are a few out there, but tax people and museums take too much of it even if you find one. :) Lottery rulez :)

I know this is sliding off topic but when you mentioned dice ...

It's your fault :bunny:

Logged

January 07, 2008, 01:14:41 AMReply #20

ShadowStriker

A Familiar Feature

Offline

Regular Member

228

Karma:

0

Personal Text

All Around WTF

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Re: Fundamental Psi: Future Selection

is there a way to control it? cause it happens to me ALOT and it gets really frustrating when i avoid bad things thinking that somethings gonna happen and nothin does, but at least nothin bad happens lol

Logged

The Strong Take From the Weak, The Smart Take From The Strong, The Quick Take From The Smart, And The Weak Rise Up Against Them All

March 26, 2011, 01:54:00 PMReply #21

Michael C

Settling In

Offline

*

10

Karma:

1

[View Profile](#)

Re: Fundamental Psi: Future Selection

Quote from: Frozen on January 22, 2007, 07:51:58 PM

I suppose there is a lot of room for doubt when using future selection for minor things. They can be passed off as coincidence. But after talking about them, and thinking enough on some of my own experiences, I can't deny them. One of the most important things for people to remember, is that doubt can cloud some of the most enlightening moments of our lives. Solid acts of everything from telepathy to kinesis can be waved off as crazy or coincidental. Your own abilities can pass by you, so keep one eye open wide and clear.

Just as an example of the other uses of future selection, I'm going to talk about my brother for a minute. I loaned my brother five dollars. He paid me four and absolutely denied that I had given him a dollar more. Angry over the dollar, it was the principle of the thing, I got onto the bus and fumed the whole way. After the buses let us off to go into the school, something on the ground caught my eye. Despite the fact that over six hundred students had already gone inside and walked past that very spot, I found a dollar. Coincidence? I surely thought so. The universe refunded my lost dollar! I even laughed about it with my friends, thinking it was a funny turn of luck. Was it?

My point is that just because a small part of you is filled with doubt, doesn't mean you're wrong. I'm not going to say that coincidences don't happen, because I believe that sometimes they do. Don't underestimate the power of your own self-confidence, and don't underestimate yourself. You can read this article and think that it is definitely too advanced and difficult for you. You will never know until you try it. And imagine what could happen when you do.

The same thing happened to me too. It was the end of month almost broke with my last 20Euro bill buying a pack of Marlboro at a convenience store. After I left the store I realized that the cashier gave me two Euros short of change. It felt so bad as I thought taht something was taken from me that was rightfully mine. Although frustrated, I said very calmly assuring myself: "Don't worry, you will get it back in another way.". Next day different store one pack of Marlboro .. Cashier gave me two Euros more in change. Coincidence? I don't think so!

Logged

March 26, 2011, 02:00:58 PMReply #22

Michael C

Settling In

Offline

*

10

Karma:

1

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Re: Fundamental Psi: Future Selection

Quote from: Mobius on January 21, 2007, 11:56:03 AM

On Future Selection

Begin by trying to aid the natural healing process, using expectations of speedy recovery. With time, you can decrease the length of that healing process, until it can sometimes be managed nearly instantaneously. I've had some measure of success even with more serious ailments, but there is a definite degree of natural expectation of difficulty in dealing with those. What is important to keep in mind, though, is that that expectation of difficulty is all in ones head – with time and experience, this lesson can be brought to heart.

I have been using EFT to break down these expectations. And it definitely works when it is done correctly!

Logged

March 29, 2011, 05:30:17 PMReply #23

Tempest Desh

Veritas Furniture

Offline

Greenhorn

299

Karma:

4

Personal Text

Wannabe Techno-Dervish and Court-Fool-In-Training

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Re: Fundamental Psi: Future Selection

You mentioned something about effecting the past, via the underlying technique of future selection. Could you please elaborate?

Logged

"Appear as you are. Be as you appear." - Mawlana Rumi (ra)

March 30, 2011, 12:41:42 AMReply #24

Akenu

Posts By Osmosis

Offline

3347

Karma:

-41

Personal Text

यम या रा आना

[View Profile Akenu's Initiation](#)

Re: Fundamental Psi: Future Selection

Just little add from my healing experiences:

Chronical things are always harder to heal, it can take a lot of sessions.

Also not every disease is of a physical origin, that's why I always heal on physical, mental, emotional and spiritual plane.

I am not sure about physical origin diseases and past healing, but past healing (healing through past) is very good against psychosomatic diseases and phobias. Such healing can cure even problem from previous lives which affect current life of patient.

May God bless you.

Logged

Hepaby!

<http://akenu.blogspot.com>

- Magickal Curriculum

April 02, 2011, 01:32:07 PMReply #25

Mindlessinvalid

Posts By Osmosis

Offline

1205

Karma:

10

Personal Text

Crazy and Can't Get out of Bed

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Re: Fundamental Psi: Future Selection

As above, so too below.

All illnesses are simultaneously spiritual and physical in nature.

Logged

Clothes make the man, and naked people have little or no say in society.

Print

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»Fundamental Psi: Future Selection

<http://forums.vociety.net/index.php?topic=9995.0>

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Author Topic: Fundamental Psi: Masters of Transformation (Read 21769 times)

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February 04, 2007, 11:49:45 AMRead 21769 times

Mobius

Veritas Council

Veritas Furniture

Offline

331

Karma:

28

Personal Text

Fundamental Psi Coordinator

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Fundamental Psi: Masters of Transformation

Masters of Transformation

The powers of the psion are impressive indeed. Those that have been diligent in their practices of future selection may, by now, have seen some truly remarkable things. As one continues down the path, so long as one is persistent in their studies, I have found the things that will be seen to grow only more amazing.

But what is it all for?

Everyone begins their study of psionism for their own reason. I have heard everything from the desire to spar people psionically, to a wish to obtain powers necessary for heroism, to a simple yearning for a greater understanding of oneself and the universe. Now that you have progressed to this point, accomplished the feats that you have, it is time to reflect on your reasons for learning psi, and make some considerations for your path in the future.

Firstly, take note of the way what you have done so far has affected you. How has your practices with future selection changed the way you view yourself, others, and the world around you? Through the future selection technique, you have acquired the capability to define and redefine each of these things. How have your experiences changed your original ambitions?

Secondly, it is important to acknowledge the responsibility that comes with the practice of psi. Those successful with future selection will understand that transforming the world around you comes in large part by transforming the self, through your expectations. You must consider carefully each psionic act that you perform, because in your choice to act upon it, you are very literally defining yourself. Using psi out of malevolence will leave its mark upon your soul, and the effects of this can be far reaching. The same can be said of benevolent applications. Choose wisely.

Lastly, reflecting upon the previous two factors, it is important that you consider where you are going with your practices, and to reevaluate your goals with psi. Meditate through your soul on this matter, and try to come to a solid conclusion. You may confirm your original ambitions, or you may find new ones altogether. Whatever you find, choose carefully and wisely, and then in conjunction with your soul, forge a plan to make your

dreams a reality.

Congratulations on having made it this far. Through an understanding of future selection, the dynamic psion is truly the master of transformation of all the world around him. I wish you well in your future endeavors in this art, and I hope for your continued devotion in the study of psi!

From here, the fundamental psi course will move into the domain of scanning, under the instruction of Shadowwarrior13. Until then, be diligent in your studies!

Logged

Deus Ex Vir

February 04, 2007, 11:56:58 AMReply #1

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: Fundamental Psi: Masters of Transformation

applauds

Logged

<http://www.thedivinescience.org>

February 04, 2007, 01:08:18 PMReply #2

XIII

Veritas Teacher

Posts By Osmosis

Offline

Beauty
161

Karma:

12

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Lecture on Masters of Transformation

Public VMeta Lecture: Masters of Transformation

(+Gemini) Alright. This lecture is intended as a supplemental to the most recent fundamental psi lesson. The topic is passive psionism, its influence on the world, and directing it as well as can be done.

(+Gemini) Dynamic psi is unique amongst the psionic paradigms in that it describes psionic operations as actively taking control of a very natural, passive process. The soul is the root of our existence, and realizing it or not, everything we experience in our physical existence goes observed by it.

(+Gemini) Also knowingly or unknowingly, the soul will in turn have influence on those events. This is easily understood, in that we form opinions, expectations, and understandings of everything that we experience. As any practitioner understands, these feelings can make their way to the soul, the root of our existence, in due time.

(+Gemini) The result is a reciprocal effect, subtle but discernable to the experienced eye. Those expectations that we make without realizing it about the way the world works and the people around us will have an effect. This is often mitigated by the fact that these expectations lack clarity or coherency. The degree to which this is the case depends dramatically on the individual, and I personally believe that it is the ones that have a tendency

(+Gemini) (If cut off: The degree to which this is the case depends dramatically on the individual, and I personally believe that it is the ones that have a tendency to form stronger expectations by nature also tend to be the so called 'natural psions'.)

(+Gemini) I am certain that each and every one of you must have observed this effect in action many times throughout your lives. Something minor that slips through your mind, barely with recognition, that soon manifests. It was many, many consistent experiences of exactly this sort that first opened my eyes to psionic practices, long before I discovered the OEC.

(+Gemini) There is an interesting effect that manifests in those that regularly practice psionism (or any art? Those who study another, please tell me): The frequency and regularity of these experiences increases dramatically, as the mind becomes more 'in tune' with the soul, it is only natural that the expectations of the former would become more focused in the latter.

(@Prophecy) I will vouch for that statement from the magic paradigm as well.

(+Gemini) This was something that at first I found to be problematic, as my thoughts were not yet sufficiently in order that I would see them made manifest. It became necessary to not merely spend time and practice on affecting the world, but being in communion with the soul itself, in pursuit of a more focused philosophy and mental state.

(+Gemini) It seems an inevitable result of the nature of the soul that we are bound to influence the world in this fashion, regardless of our level of expertise. We will have an influence, like it or no. It seems thereby an imperative that we, as psions, both take responsibility for the effects even our most passive of beliefs can have, and take effort to define ourselves in a fashion that we truly find becoming.

(+Gemini) Every place, every thing, and every person we encounter is touched by us. We are in turn touched by the expectations of those around us. The clarity of the mind and soul is not only a necessity for the practice of psi. It is something that we require in order to achieve the good that we wish to see in the world.

(@Shadowwarrior13) The link between the three planes of existence is vital in both psi and magic, and is necessary for progress.

(+Gemini) That was the primary purpose of the most recent lesson in the course. It is essential that one be cogent in their philosophies if they wish to continue in a stable fashion.

(+Gemini) And... that is the end, really. Sorry, it was not supposed to be long. :)

Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

February 06, 2008, 08:20:42 AMReply #3

Enchia

Posts By Osmosis

Offline

1018

Karma:

28

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Re: Fundamental Psi: Masters of Transformation

Just out of pure curiosity;

Quote

Using psi out of malevolence will leave its mark upon your soul, and the effects of this can be far reaching. The same can be said of benevolent applications

What kind of far reaching effect can a malevolence act have compared to a benevolent one for the psion? How would this "mark on the soul" effect a person later in life according to psionism?

Logged

February 06, 2008, 12:43:40 PMReply #4

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: Fundamental Psi: Masters of Transformation

Marking the soul destroys clarity. Naturally, the effects of psi become diminished. I will not labor to explain it, but this can have far reaching effects because psi is not a hobby but a fundamental view of the universe.

Logged

<http://www.thedivinescience.org>

February 10, 2008, 09:26:28 PMReply #5

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: Fundamental Psi: Masters of Transformation

Quote from: Enchia on February 06, 2008, 08:20:42 AM

What kind of far reaching effect can a malevolence act have compared to a benevolent one for the psion? How would this "mark on the soul" effect a person later in life according to psionism?

Let's say you use psi to hurt someone for the sake of revenge. What this really means, is that you have used clear intent to hurt someone using the full focus of the core of your being. It means that to do this, you essentially ARE the harm you are doing. First the violent negativity of the act is inside of you, and then it is reflected on the outside world. This process changes you, because you have altered yourself to do it and by doing it.

On the other hand, using psi to help others can be quite uplifting for exactly the same reason. To help others, first the positive nature of the act is inside of you, and then it is reflected on the outside world.

This is not simply philosophy, but is an intrinsic consequence of the process by which psi operates.

Logged

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March 20, 2008, 04:40:54 AMReply #6

Redefine

A Familiar Feature

Offline

242

Karma:

0

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Re: Fundamental Psi: Masters of Transformation
so what effect does this have on morality.

for example, if two people have two different conceptions of morality, and they both do the same deed, but due to their different moral systems, one thinks the deed is moral, and the other one doesn't. so does this mean the same deed can effect different people in different ways, even though the change to the soul and the outcome is essentially the same?

Logged

On a concrete road to recovery
cause I'm knocking over every cone
in front of me.

November 21, 2015, 09:11:43 AMReply #7

Magari

Settling In

Offline

*

31

Karma:

3

Personal Text

The Only Constant is Change

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Re: Fundamental Psi: Masters of Transformation
Does psionics consider possible stages of transformation?

Logged

Modo Magi

November 21, 2015, 05:32:37 PMReply #8

Impervious

Veritas Moderator

Veritas Furniture

Offline

321

Karma:

82

Personal Text

Become.

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Re: Fundamental Psi: Masters of Transformation

Quote from: Magari on November 21, 2015, 09:11:43 AM

Does psionics consider possible stages of transformation?

Could you expand on this a bit? I'm not sure I understand what you're asking.

Logged

(18:23) (@kobok) They taught me about that moth in college.

(01:06) (@kobok) (☹_☹)

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Author Topic: Fundamental Psi: Inner Meditation and Linking (Read 20594 times)

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February 18, 2007, 03:41:43 PMRead 20594 times

XIII

Veritas Teacher

Posts By Osmosis

Offline

o r a c e
Beauty
v v v v v
#161

Karma:

12

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Fundamental Psi: Inner Meditation and Linking

Inner Meditation and Linking

Those of us who've been introduced to various psionic circles have heard if the term "scanning". While the practices vary from circle to circle, the definition and underlying truth remain. To scan is to discover information about any aspect of any thing, now, later, or before here. Before we can scan, however, we must balance ourselves, and be able to connect with what we're scanning.

Inner Meditation

Inner meditation is a practice which involves knowing the self, which is inarguably one of the most fundamental and valuable parts of being any sort of practitioner. Knowing the self and controlling the self open the way for one to control everything outside of the self.

Inner meditation consists of focal meditation, with the focus being on the soul instead of the candle. It's used to ask questions and understand oneself, and acquire balance. Start out getting relaxed however you're most comfortable with. To perform this, instead

of jumping right to inner meditation, it is wise to begin with a candle meditation. Once the proper state is achieved, which would be nice and calm, and focused, the focal point should be switched to the soul. As you should have performed kinetics, you should have a vague feeling of the soul. If you can remember this, use it. If not, try meditating on the candle and performing kinetics until you can feel the soul firmly. As you meditate on the candle, slowly focus less on the candle and more on yourself and the soul, underneath all of your thoughts and feelings. After you've retained a firm focal point on the soul, detach yourself and simply float within the focus of the soul.

Linking

Linking is a crucial part of scanning. Without linking, there would be no conduit to scanning. To link is to form a strong connection to the target with the soul, so a scan may be performed.

Start by performing inner meditation. When a strong focus on the soul is achieved, think of your target. It can be a person, place, object, or whatever you feel like scanning. Slowly start to focus on the target with your soul, by meditating on it. Form the intent to link with it, and use your awareness to project the soul to the target. When a firm link is achieved, you may randomly receive information about the target. Practice with linking until a proficient link can be made, and information received can be confirmed as positive. With time and effort, linking may be mastered, and can evolve into scanning, which will be covered in the next lesson. Practice, and progress.

Feel free to post comments or questions, and don't be shy. :)

Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

February 18, 2007, 04:03:31 PMReply #1

`Nazukarr

Posts By Osmosis

Offline

631

Karma:

14

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Re: Fundamental Psi: Inner Meditation and Linking

comments

Nice article. Clear and down to the point. You should post your paragraphs like Gemini

did, for the sake of consistency, and the sake of me not gouging my eyes out because of my apparent OCD-like problems. :P

But content is good.

Logged

"I am not this hair, I am not this skin, I am the soul that lives within."

February 19, 2007, 06:48:02 AMReply #2

Kettle

Teacher Emeritus

Veritas Furniture

Offline

Frequent poster

376

Karma:

20

Personal Text

Frequent poster

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Re: Fundamental Psi: Inner Meditation and Linking

Very nicely written.

These are two practices that are of immense importance to the practicing psion.

-k

Logged

February 19, 2007, 08:48:10 AMReply #3

Forg

Posts By Osmosis

Offline

The V' Smithy

829

Karma:

20

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Re: Fundamental Psi: Inner Meditation and Linking

A good article I think, covers some important things. The only issue I have with it is that linking is not necessary in order to scan as my opinion on the matter is expressed in my previous article.

Logged

Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha

February 19, 2007, 04:41:19 PMReply #4

XIII

Veritas Teacher

Posts By Osmosis

Offline

Beauty
161

Karma:

12

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Re: Fundamental Psi: Inner Meditation and Linking

I am of the firm conviction that, while it may not be consciously or purposefully created, some form of a link is achieved whilst scanning. Something's gotta connect.

Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

February 19, 2007, 06:07:58 PMReply #5

Forg

Posts By Osmosis

Offline

The V' Smithy

829

Karma:

20

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Re: Fundamental Psi: Inner Meditation and Linking

There is an inherent link between people in general but the only required links for scanning are those between the scanner and their mental projection. Otherwise there is no more link necessary than would be to say, look at a picture on a wall.

Logged

Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha

February 19, 2007, 06:26:54 PMReply #6

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: Fundamental Psi: Inner Meditation and Linking

"There is an inherent link between people in general..."

Even if this is true, then the link is still there, it simply already exists and is further strengthened and energized. As Shadow said, something's gotta connect. However, in Dynamic Psi there is the belief in a conceptual plane operating by conceptual laws; in a conceptual world everything is organized and linked conceptually. This, therefore, may be why it seems that there is no need for a link - the mind naturally and subconsciously makes the connection between self and target.

~Hech

« Last Edit: February 19, 2007, 06:31:04 PM by Hech »

Logged

<http://www.thedivinescience.org>

February 19, 2007, 07:09:54 PMReply #7

Forg

Posts By Osmosis

Offline

The V' Smithy

829

Karma:

20

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Re: Fundamental Psi: Inner Meditation and Linking

This inherent link is not necessary either whether or not it is present. A target is necessary, and a goal is necessary, but there is no requirement for a connection between those involved as it is a matter of interpreting information as one could determine by walking towards something and looking at it. No different from traveling to a location. The ability to gather information from what is before you defines the

necessity for a link. What can be sensed may set a limit to what must be directly 'taken' from what is being viewed.

The conceptual creation is merely a result of considering your target but focusing or strengthening this in particular is unnecessary.

Logged

Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha

February 19, 2007, 10:00:23 PMReply #8

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: Fundamental Psi: Inner Meditation and Linking

Quote from: Forg on February 19, 2007, 06:07:58 PM

Otherwise there is no more link necessary than would be to say, look at a picture on a wall.

Are you going to tell me there is no link when you look at a picture on a wall? A link can be much more general than you may be thinking.

A link can be thought of as an association between information. So if information is connected or is transmitted, then there is a link. It does not have to be an "energy tunnel" or any specific visualization.

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Latest article: Construct Dynamics

Want to learn psi? Check out our collection of psi articles.

February 19, 2007, 10:05:17 PMReply #9

Forg

Posts By Osmosis

Offline

The V' Smithy

829

Karma:

20

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Re: Fundamental Psi: Inner Meditation and Linking

I was actually going to edit my post in response as I've been considering a potential terminology difference here. Indeed as I've stated there are links relative to such things as simply looking at a picture or listening to a song, but in context linking within this category generally does mean 'energy tunnel' and so I took it that way.

Logged

Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha

April 18, 2007, 08:47:51 PMReply #10

Wonderland

Veritas Furniture

Offline

414

Karma:

0

Personal Text

ISIS

[View Profile](#) My blog space (just getting started 06/07)

Re: Fundamental Psi: Inner Meditation and Linking

I see what you're saying, though. You were talking about two different concepts. It seemed to me when I originally read this yesterday, that a link is necessary more for sending and no link is necessary more for receiving, yes?

Logged

Yeeesh! Apparently I forgot the signature changes on all posts....AND until you change it again...oh well enough then...sorry 'bout that

November 05, 2008, 11:15:06 AMReply #11

knightemilio

Settling In

Offline

*

10

Karma:

0

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Re: Fundamental Psi: Inner Meditation and Linking

Well I was wondering if you don't know yourself you can't scan anything or anybody?

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Author Topic: Fundamental Psi: Scanning (Read 23698 times)

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March 04, 2007, 02:21:47 PMRead 23698 times

XIII

Veritas Teacher

Posts By Osmosis

Offline

Beauty

161

Karma:

12

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Fundamental Psi: Scanning Scanning

Scanning, as aforementioned in the linking lesson, is the art of obtaining information about any place, person, object, concept, or generally anything that exists. It should be treated as any other act of kinesis, as intent, manipulation of energies, and actualization within the soul are needed. While the brain is used to interpret the data, it is by no means the mechanism, or even necessary.

The Linking Process

If you've been following the course as instructed, you've read on the process of linking. A link is crucial in all scans, and while it helps immensely to consciously create a link while beginning scanning, it becomes less and less necessary to perform as you mature in your practices. A link is used to transfer information, and as an anchor for your soul to connect to the target. Whilst first learning to scan, it is wise to make sure that a solid link is achieved with the target, for more accurate results and ease of scanning. Eventually, a link will be automatically achieved for a scan, but until that point, spend time on making a stable link.

Performing A Scan

Spend enough time focal meditating so that you have a completely clear and alert mind. Figure out a target, with easily verifiable results. Note that a scan is not limited to your own place in time, and can be something that already or will happen. A good target is a card flipped over. Acquire a deck of cards, shuffle them facedown, and place a card facedown on a flat surface. Gain awareness of the soul, and form a stable link to the

card. Form a clear intent to know what's on the card. You can scan specific aspects of the card, such as the suit, its color, number, etc., for a wider approach, but this is not necessary. After your intent is formed, you may take either a passive or active approach to scanning. You can be completely receptive and await the information to arrive within the soul, or you can use the soul to reach out and read the information. Keep in mind that you want to receive the information with the soul alone, and the mind should be calm and quiet. After information is obtained with confidence, try not to interpret, and flip the card over. If the scan was successful, note your state of mind and concentration and the position of the soul during that scan. If unsuccessful, attempt it again, and tweak your performance of the scan. Always be aware of what you're doing, so you can note it if the scan was successful or unsuccessful.

Analytical Overlay

Analytical Overlay, or AOL, occurs when the brain attempts to receive the information or interpret it in place of the soul. When scanning, always be vigilant that the mind is under control and not running wild, and isn't taking a hold of the information received and spinning it out of its original meaning. Preconceptions should be at all costs avoided, and if existing, should be made sure that they're not minded. If a scan is unsuccessful because of AOL, take a minute to clear your mind, and re-scan with the focus being on the soul rather than the mind.

As with all psionic acts, doubt should be kept to a minimum, preferably nonexistent. If proper confidence is maintained, and belief at a high, success is relatively guaranteed.

Feel free to post questions, comments, or discuss, and don't be shy. :)

Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

March 08, 2007, 11:40:19 AMReply #1

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: Fundamental Psi: Scanning

Aye, looks like all are shy and rude. Well done on the article, Shadow. I'd prefer a paragraph break in that big chunk of text in the Performing a Scan portion, but hey, I

don't get everything I want in life. :wink:

One thing that hasn't been mentioned is the Focusing the Self exercise. Lightly put, this can be used to turn focus inwards and ask probing questions to discover the self and correct one's confidence. As one piece of advice, use this if you are finding yourself frustrated, as you can calm the frustration, realize what is blocking your progress, and gain a solid faith in your ability so that you might succeed.

Again...Good job, clearly written.

Namaste

Logged

<http://www.thedivinescience.org>

March 08, 2007, 08:43:33 PM Reply #2

TakeV

Veritas Council

Posts By Osmosis

Offline

Mad Scientist

946

Karma:

55

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Re: Fundamental Psi: Scanning

Quote from: Hech on March 08, 2007, 11:40:19 AM

Aye, looks like all are shy and rude. Well done on the article, Shadow. I'd prefer a paragraph break in that big chunk of text in the Performing a Scan portion, but hey, I don't get everything I want in life. :wink:

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Again...Good job, clearly written.

Namaste

I believe he covered that in the inner meditation article.

Logged
Sigil for focus
Best argument ever.
November 22, 2007, 07:02:19 PMReply #3
Secret Rose
New Member

Offline
*
7
Karma:
0
[View Profile](#)

Re: Fundamental Psi: Scanning

I am not able to perform any type of telekinesis but to perform a scan is something that I picked up from somewhere before I found the Veritas Society. I just remembered someone somewhere saying there is always a link between everything. So I just tell myself that everything is linked together, and it works very well for me. Like today for example I was playing a game online, it was a waitress game where you take peoples orders and get the food. Well I just said to myself okay let's have some fun, and I decided to find out what the next person was going to order, I immediately knew that it was steak and lime pop. I've never thought of it as scanning though, just as looking to see what was there. Which in it's essence is the same thing.

How can I do a scan but not any of the other stuff? Frustrating. bleck. I must learn the basics, but they are not coming easy to me.

What should I do?

~Secret Rose
Logged
November 05, 2008, 11:21:29 AMReply #4
knightemilio
Settling In

Offline
*
10
Karma:
0
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Re: Fundamental Psi: Scanning

So with a proper scan you can get a lot of infomation from the person or thing. And not

just present but past and future? I never tried that before this is going to be interesting.

Logged

June 08, 2009, 03:32:08 AMReply #5

sselllps

Settling In

Offline

*

36

Karma:

0

Personal Text

7th Generation Seer

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Re: Fundamental Psi: Scanning

I can do this already, but I call it telepathy. I just don't know how to do it the way you do. Well like I call it different stuff like when I look in someone's head it's telepathy.

But whenever concentrate and smell an object I can see the past.

And I can see far away, like if someone's reading a book I can see the page number, or if a cards flipped over.

But I just try, there's no soul stuff like happening. I just googled 2012 and I found this sight.

And I just wanted to learn telekinesis, but I can only do it sometimes when I'm mad, but stuff just shakes or shoots off somewhere.

I'm not sure I understand. I've had these I guess you could call it gifts and I've only mastered the telepathy, seeing the future (only when i sleep) , and some other stuff.

Logged

January 30, 2010, 06:12:58 AMReply #6

darthlobo

A Familiar Feature

Offline

180

Karma:

0

Personal Text

Padawan Learner

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Re: Fundamental Psi: Scanning

It sounds like you are using biometrics, obtaining historical information from holding an object.

As for rattling object, I hear its common in those untrained. In fact, I hear people mistake it for a poltergeist haunting.

Logged

I choose the Twilight Path to the Dawn.

January 30, 2010, 06:17:56 AMReply #7

Violet

Posts By Osmosis

Offline

1003

Karma:

33

Personal Text

Your friendly neighborhood Verigeek.

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Re: Fundamental Psi: Scanning

Quote from: darthlobo on January 30, 2010, 06:12:58 AM

It sounds like you are using biometrics, obtaining historical information from holding an object.

As for rattling object, I hear its common in those untrained. In fact, I hear people mistake it for a poltergeist haunting.

Psychometry?

Anyway, that post from sselllpes is quite old, I doubt she's still waiting for an answer.

~Tempestum

Logged

February 09, 2010, 08:17:19 PMReply #8

darthlobo

A Familiar Feature

Offline

180

Karma:

0

Personal Text

Padawan Learner

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Re: Fundamental Psi: Scanning

Ah, I did mean psychometrics. And yeah, I didn't really pay close enough attention to

the date on that one. I think I had just woken up when I hit this thread that day.

Logged

I choose the Twilight Path to the Dawn.

November 18, 2012, 08:23:41 PM Reply #9

The Yellow Magician

A Familiar Feature

Offline

234

Karma:

-46

Personal Text

Nemo me Impune Lacessit

[View Profile](#)

Re: Fundamental Psi: Scanning

Quote from: darthlobo on January 30, 2010, 06:12:58 AM

It sounds like you are using biometrics, obtaining historical information from holding an object.

As for rattling object, I hear its common in those untrained. In fact, I hear people mistake it for a poltergeist haunting.

Do you mean Psychometry?

Logged

Celebrating 27 years of meditation practice, delving deeper in the mystical, mantic arts and hands-on thaumaturgy.

And if I told you that I loved you.

You'd maybe think there's something wrong,

Im not a man of too many faces,

The mask I wear is one.

Those who speak know nothing,

And find out to their cost,

Like those who curse their luck in too many places,

And those who fear are lost...

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Author Topic: Fundamental Dynamic Psi: The Conceptual Domain (Read 16179 times)
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March 18, 2007, 04:31:44 PMRead 16179 times

XIII

Veritas Teacher

Posts By Osmosis

Offline



Karma:

12

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Fundamental Dynamic Psi: The Conceptual Domain

The Conceptual Domain

The practice of Dynamic Psi revolves around not only manipulating the physical realm, but other facets of the world and reality. The universe is comprised of many, many layers of coexisting energy and virtue, being divided up into many groups and categories. One of the most major definitions of the planes is the 3-plane theory, which fits into most other major systems of thought. 3-plane theory revolves around, logically, 3 planes of existence. We begin with the material realm, the physical manifestation of all planes into what we see daily. This is derived from the conceptual realm, which will be the main focus of this lesson. The conceptual realm is the gathering and holding place of all thoughts, virtues, and concepts created at any time, ever. The conceptual realm holds programming for constructs, intent for a kinet, or any other sort of guidance for a psionic act. Its importance is quite obvious, and understanding of it and the mechanics of it can immensely boost understanding of programming or intent.

The presence of the conceptual domain explains many things. Objects are created from things held in the conceptual domain, and all physical objects or expressions are linked to concepts. This applies very heavily to scanning, as scanning is the act of obtaining information through the soul. Once it is known that the virtues are not held in the objects themselves, it becomes easier to link to an object's place in the conceptual domain, and retrieve information. Linking to something held in the conceptual realm is the same process of linking to anything else, and it helps a better, more accurate scan to be performed, as there is minimal interference.

The nature of the conceptual plain brings some questions as to the application of psi. As to the application of kinesis to a large event, one must take into account the large amount of thought interference associated. One fine example is the lottery. While you may want to kinet yourself into winning, so do the other millions of people participating. As the planes are influenced by every passing thought by every passing bystander, there's a bit of tension involved. It's one thing to kinet an event in which only a few people are also wishing for the outcome; a few wills are not too strenuous to overcome with a trained mind. However, with 100 million people wishing for different things within the same subject, it takes a fair bit more skill to completely change the outcome than a smaller event. As the target gets larger, more interference is present, and the outcome is more difficult to alter.

Utilization of the conceptual realm in psionics is, without a doubt, necessary to

growth. The use and study of the underlying mechanisms is crucial to the practice of Dynamic Psi, and the utilization of them is the difference between a failed attempt and a successful psionic act. The planes hold a necessary aspect of psionics in that without using them, psi is just blind flailing. Begin your study of the conceptual domain through attempting to link to concepts residing on it, and scanning through the conceptual domain.

Feel free to ask questions and discuss.

« Last Edit: May 14, 2007, 07:27:05 PM by Shadowwarrior13 »

Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

March 24, 2007, 11:27:40 PMReply #1

Oriens Lvx Lucis

Posts By Osmosis

Offline

766

Karma:

-1

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Re: Fundamental Dynamic Psi: The Conceptual Domain

This is well written, however I find a general lack of information on what is actually in the conceptual domain. Also, the description of the realm becomes hazy when it is too specific, as you tend to name it as a "thing." I suspect the readers (at least a portion of them) shall want to know specifically what will be found there, or at least a few examples, before they look for themselves. You seem to stress the importance of the realm, and it is important, however you do not say specifically why it is so important aside from it being the origin of all that we find in physical manifestation. I am going to assume that before you wrote this, most of the current audience following the class did not know what the domain was until you spoke of the terminology in this article.

I mention this in relative length because your other articles have been more detailed and focused. Consider this as constructive criticism, and not a personal attack.

Otherwise I feel it is a good source of preliminary information for a psion planning to experiment with that plane of existence. Good job as usual.

« Last Edit: March 24, 2007, 11:29:14 PM by Oriens Lvx Lucis »

Logged

March 25, 2007, 10:19:37 AMReply #2

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: Fundamental Dynamic Psi: The Conceptual Domain

One might find it interesting to read Prophecy's Occult Virtues lecture. The underlying concepts of this lecture greatly pertain to the conceptual domain.

Logged

<http://www.thedivinescience.org>

April 18, 2007, 08:33:15 PMReply #3

Wonderland

Veritas Furniture

Offline

414

Karma:

0

Personal Text

ISIS

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Re: Fundamental Dynamic Psi: The Conceptual Domain

Do you see your created objects as coming down (from a higher realm) or going up (from a lower one)? Do you visualize it as, say, a triangle surrounding you? I usually think of it in fours, so I am a bit confused. How is this approach different from and similar to using a seven-pronged approach like chakras? Thanks in advance for your insight. I am looking for a mentor.

Logged

Yeeesh! Apparently I forgot the signature changes on all posts....AND until you change it again...oh well enough then...sorry 'bout that

April 19, 2007, 09:27:44 PMReply #4

Wonderland

Veritas Furniture

Offline

414

Karma:

0

Personal Text

ISIS

View Profile My blog space (just getting started 06/07)

Re: Fundamental Dynamic Psi: The Conceptual Domain

Oriens Lvx Lucis...is that Latin for "master of the obvious"? Ouch. My question was just plain mean. I thank you for pointing that out, in the event that you thought I didn't already know that. I realize things like that can happen, especially in my case.

However, it is my desire to not apply for a mentor until I have a better knowledge of the exact approach I want to take, as well as a better feeling for the mentors available.

Thus, my attempts at making posts to possible mentors to try to encourage a dialog.

Perhaps I should continue being mean, and inform you of the other steps I am taking to help ensure I make a "good" decision? Nah, I don't want to get myself in trouble.

Logged

Yeeesh! Apparently I forgot the signature changes on all posts....AND until you change it again...oh well enough then...sorry 'bout that

January 09, 2008, 02:23:47 PMReply #5

xShadowxWarriorx

Settling In

Offline

*

36

Karma:

0

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Re: Fundamental Dynamic Psi: The Conceptual Domain

So what are the three planes? Physical realm, conceptual realm and whats the other one?

I know this isn't a very active question but didn't feel like making a whole new topic for one silly question.

Logged

There is no such thing as a dumb question.

Person 1: Your dumb

Person 2: You dumb!

Person 1: Touche. =]

January 09, 2008, 05:23:55 PMReply #6

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: Fundamental Dynamic Psi: The Conceptual Domain

Quote from: xShadowxWarriorex on January 09, 2008, 02:23:47 PM

So what are the three planes? Physical realm, conceptual realm and whats the other one?

I know this isn't a very active question but didn't feel like making a whole new topic for one silly question.

The three are the physical domain, the energetic domain, and the conceptual domain. See the three domains wiki page for more info.

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November 06, 2012, 06:53:11 AMReply #7

Unpopularprophet

New Member

Offline

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7

Karma:

-1

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Re: Fundamental Dynamic Psi: The Conceptual Domain

This sounds almost startlingly like Plato's theory of Forms... of how the ephemeral objective realm we observe with the senses is not the true reality, and that the composite or singular nature of anything we observe has an eternal source/sources on the Other Side, and what we observe is primarily a side effect of, a shadow on the wall within that realm. Is this theory related to or originating with Platonic philosophy, or is there some other cause for this correlation?

Logged

November 07, 2012, 11:23:04 AMReply #8

kobok

Tech Team
Posts By Osmosis

Offline

Veritas Council
5000
Karma:
174
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Re: Fundamental Dynamic Psi: The Conceptual Domain

Quote from: Unpopularprophet on November 06, 2012, 06:53:11 AM

This sounds almost startlingly like Plato's theory of Forms... of how the ephemeral objective realm we observe with the senses is not the true reality, and that the composite or singular nature of anything we observe has an eternal source/sources on the Other Side, and what we observe is primarily a side effect of, a shadow on the wall within that realm. Is this theory related to or originating with Platonic philosophy, or is there some other cause for this correlation?

There are certainly analogues, and obviously Plato came up with his ideas first (and I have read about it, so I knew of them before coming up with my descriptions of the conceptual domain). I attribute the similarities to Plato being a sharp guy, and the simple fact that true things have a tendency to be rediscovered regularly.

There are some minor differences, in that I regard Plato's forms as adhering more to the concept of perfect forms, whereas the conceptual domain is far more general. While "triangle" is indeed a concept in the conceptual domain, so is "that triangle over there on the table with the scratch on its corner." In this sense the conceptual domain is more general and less "pure" than what Plato envisioned.

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Author Topic: Fundamental Psi: Introduction to Energy (Read 15068 times)

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May 07, 2007, 08:50:23 PMRead 15068 times

Mobius

Veritas Council

Veritas Furniture

Offline

331

Karma:

28

Personal Text

Fundamental Psi Coordinator

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Fundamental Psi: Introduction to Energy

We now begin the final segment of Fundamental Dynamic Psi: Energy manipulation.

Energy manipulation is a topic with a wide degree of opinions in the OEC. While under many paradigms it is viewed as an easier process to perform than kinesis or scanning, the practitioners of dynamic psi have found this not to be so. It is something just as difficult, just as easy, and just as prone to analytic overlay as the other branches of psi practice. For this reason, we have introduced the first two pillars of psi first, so that aspirants can gain practice with the essential skills necessary, as well as reap practical benefits. Now, the use of the mysterious 'energy' of psi will be shown as a powerful tool to augment those other areas.

Let us begin!

What is Energy?

Let us first make some distinctions clear about what energy is not.

When we say 'energy' in this article, we are talking about metaphysical energy, not physical energy. Physical energy refers to things such as kinetic energy, or thermal energy. On the surface at least, the two types are very distinct, but there does seem to be some confusion of terms, such as invoking $E=mc^2$. This does not seem accurate.

The reason that we use the term 'energy', despite this potential source of confusion, is that in some senses it possesses the same essential function as physical energy. Physical energy is, essentially, the fuel for change. Nothing in the physical world can be changed without it; we need kinetic energy to move, thermal energy for heat, etc.. In a similar fashion, metaphysical energy, as we will find, is the fuel for metaphysical change, and through it sometimes physical change as well.

Secondly, metaphysical energy in dynamic psi refers to a single type of energy. In other paradigms, a host of classifications may exist, such as lunar energy, fire energy, etc.. According to our observations, there seems to be only a single type, but that type can be transmuted into whatever archetypes one desires. In short, energy is energy, whatever flavor of it you have.

What exactly is Energy?

This is a very important question. While the topic of energy manipulation is a frequent

discussion about many OEC forums and chats, what exactly it *is* is not one that I have personally observed frequently. In some ways, this makes sense. Energy is something that seems by nature much more disconnected from the "real world" than kinesis or scanning, and so trying to analyze it, its properties, and its effects can be a difficult task.

Energy can be thought of, in some senses, as a substance. It has properties, like a physical substance, such as quantity and location. It can be moved around. It can also be altered and transmuted through intent, and exposure to concepts from the conceptual domain.

Energy seems to exist in a sort of "in-between" place between the physical and conceptual domains, which we call the energetic domain. It possesses location in the sense that is bound to concepts, rather than possessing physical coordinates per se. For example, the concept of a particular room might have energy corresponding to it on the energetic domain. A psion is capable of sensing this energy via the soul as easily as they are to sense concepts.

Energy, in its "natural" state, is very neutral, possessing no real properties of which to speak. However, it is very easily transmuted into possessing certain properties by exposure to intent, witting or no. An excessively negative person might cause the energy bound to them to possess a similarly "negative" feeling. A psion can purposefully imbue any properties on energy that he or she so chooses.

The implications of this "flavoring" of energy is important, because of the way that it relates to the physical world. Energy represents, in some senses, possibility. Classic psychokinesis, whether one realizes it at the time or not, is actually the process of moving energy to the desired target, imbuing it with the intent of physical motion, and then having this metaphysical energy fuel the creation of the physical energy. Similarly, through our latent thoughts and expectations, we flavor energy with ideas and possibilities, which can then, in small ways, manifest themselves upon the world.

We, as psions, can take advantage of the nature of energy by purposefully utilizing it to our goals in kinesis. Where, in previous exercises, we simply used whatever energy was already present within the target, we can now gather it from elsewhere to fuel our desire for transformation. We can also transform existing energies within our environments and ourselves to achieve other desired effects.

Exercise

For now, keep things simple. Enter into a deeply meditative state in communion with the soul, and try to reach out with the soul's perceptions to sense the ambient energy in the room you are in. Try then exploring other places that energy exists, such as other rooms, objects, and even within yourself. Try to experience the different flavors of energy; it runs the gamut, capable of taking on a host of different impressions from the limitless possible concepts. From here, experiment with attempting to imbue that energy with

concepts of your own. For good archetypes to try, consider relatively simple ideas with broad implications, such as "frustrated" or "soothing". This takes a bit of practice, but you will soon find that the energy is willing to be imbued by your intentions as readily as the more passive ones that have already colored it.

Once you feel you have started to get the hang of transforming energy, attempt to move it. This is fundamentally no different than imbuing it with the intent to do so. Once this skill is mastered, feel free to attempt to purposefully gather and imbue energy to enhance your power with kinesis.

Next time, we shall release an article on grounding and filtering; the clearing away of old, undesirable and detritus energy and constructs. From there, we shall move on to construct manipulation.

Logged
Deus Ex Vir
May 20, 2007, 09:45:40 AMReply #1
Orthas
Posts By Osmosis

Offline

Veritas Archivist
574
Karma:
1
Personal Text
Page of Cups
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Re: Fundamental Psi: Introduction to Energy

If I understand the article correctly, then energy is what turns a concept into a physical manifestation.

In the earlier articles you talked about how the soul can make concepts real, and how a connection with your soul allows you to alter the physical world. When you move a flame you don't create or control a force which moves the flame, you make the flame a part of yourself and change the underlying concept of the flame to make it move. This doesn't require an energy, I could equally change the flame into a toad :p this wouldn't require more energy (which you seem to suggest) but a more fundamental change of the concepts underlying the flame, which would require greater control of my soul and thus greater control of the physical sphere which is a part of my soul.

When you talk about energy it could just as well be thought of as the concept of the ability to alter the physical domain and flavoured energies are just pre-existing concepts which have been made by other people etc. So when you are gathering energy what

you are really doing is creating the intent that you can alter the physical domain, the problem is that energy implies a limit on your ability. Of course in this system energy doesn't exist only concepts (both yours and external) and the strength of your will to alter them.

My idea is that you make the part of the universe you want to alter a part of yourself, and by altering yourself you then alter that part of the universe. An internal change to create an external one, this doesn't require any idea of an energy that makes concepts real. I do however agree that using concepts which already exist can help you achieve greater results.

edited to tidy it up a bit

« Last Edit: May 20, 2007, 09:59:58 AM by Orthas »

Logged

"And you shall drink your cup alone, though it taste of blood and tears, and praise God for the gift of taste." -Almustafa, Garden of the Prophet.

Quid quid latine dictum sit, altum videtur

May 20, 2007, 11:49:15 AMReply #2

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: Fundamental Psi: Introduction to Energy

Quote from: Orthas on May 20, 2007, 09:45:40 AM

My idea is that you make the part of the universe you want to alter a part of yourself, and by altering yourself you then alter that part of the universe.

Except that you can change a part of yourself without changing the corresponding part of the universe. People have very thorough mistaken beliefs all the time, and this is one simple example of the universe not reflecting their inner state.

Energy and actualization make up the difference, with energy being the power or

impetus, and actualization being the application or actual act of transference.

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»Fundamental Psi: Introduction to Energy

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Author Topic: Fundamental Dynamic Psi: Constructs, Grounding, and Filtering (Read 21740 times)

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August 29, 2007, 09:00:23 PMRead 21740 times

XIII

Veritas Teacher

Posts By Osmosis

Offline

Beauty
#161

Karma:

12

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Fundamental Dynamic Psi: Constructs, Grounding, and Filtering

Constructs, Grounding, and Filtering

Psi is a very impressionable energy, being controlled, no matter how minutely, by the slightest intent. In this act of manipulating psi, we will notice conceptually distinct intents group and form on their own. Whether we consciously do this or not, psi will form into these groups, which we call constructs. A construct is psi imbued with intent, used to bring about some sort of change. Constructs can be immensely intricate and complicated, or simple.

Applications of Constructs

Constructs are used for a multitude of tasks, ranging from conveying information to kinesis itself. A construct may be used to 'enchant' an object, enabling it to bring about certain virtues in the user. Construct communication is a very useful application of construct dynamics, and is great practice for creating, sending, and reading constructs. A construct can autonomously gather energy without the active will of the psion guiding it, which can open the gate for more advanced constructs and kinesis. Constructs may be programmed to conflict with other constructs, and ground locations and people, as well as scan and store information.

The Development of a Construct

A construct is created when intent is formed and coupled with psi. A construct exists in

the conceptual realm, being a grouping of intent. As a construct is formed by any act of kinesis or intent coupled with psi, this is obviously a prerequisite to creating a construct. A construct may be more cleanly and efficiently made with conscious effort. Begin with focal meditation, preferably on the soul. Start by gathering psi, which was covered in the Introduction to Energy lesson, located <http://forums.v society.net/index.php?topic=10460.0>here.

Having a surplus of ambient energy will enable better reception of the intent and programming to the construct, thus making it easier for beginners or practice. After a sufficient amount of psi has been gathered, form an intent to gather the psi in one location, whether the location be physical or nonphysical. At this point, and even far before, you should have a purpose for your construct, or some form of intent.

Conceptualize this and work on actualizing this intent, using the psi energy that you've gathered. After adequate time has been spent on actualizing the intent (which can also be directly related to the creation of the construct, e.g., "This construct will operate on gathering ambient energy and storing it until so-and-so date.") expect that your construct has been firmly and completely created, and finish. Construct dynamics are a rather large aspect of working with psi, and immensely boost knowledge of the inner workings of psi.

Grounding & Filtering

The processes of grounding and filtering are, arguably, some of the most important to upkeep and restoration of psi practices. Through active cleaning and scrubbing of one's surrounding field, a psion may find mental clarity easier to attain, acts of kinesis come easier and cleaner, and an array of abilities come naturally.

Grounding

Grounding is the act of 'recycling' impure energy on all planes of existence around oneself. The process requires a quieted mind, so begin grounding with focal meditation. Acts of energy require intent as much as kinesis, so form a solid intent to cleanse the energy surrounding you on all planes. Locate a focal point within the soul and actualize this intent, dispelling all of the impurities, virtues, and preconceived concepts saturating the energy. Be thorough, and make sure the energy is completely pure and clean on all planes. The process may be repeated several times to ensure cleanliness, but try to be very deep and thorough about it.

Filtering

While grounding cleans the surrounding energy and area of virtues and unclean energy, filtering cleans your immediate area and self of constructs. Constructs may be formed without realizing it, picked up elsewhere, formed by others, or forgotten about. Begin as you did grounding with focal meditation. Form an intent to dispel and dismantle any surrounding constructs, attached or otherwise. Form a focal point in the soul and

actualize the intent, feeling your surrounding area become cleaner and less 'cluttered'. Again, this may be repeated, but one should be very thorough about it. Through grounding and filtering, a stable working environment may be created and maintained, and other workings will come easier.

Feel free to post questions. Discussion is encouraged. :)

« Last Edit: September 02, 2007, 12:20:25 AM by XIII »

Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

September 05, 2007, 04:33:05 PMReply #1

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: Fundamental Dynamic Psi: Constructs, Grounding, and Filtering

Quote

It might be maintained that what conceives might conceive itself as an imaginary object, like any other object, in consecutive duration, but conceiving as such, while conceiving, cannot conceive its own conceiving - any more than an eye can see its own looking. Therefore whatever is factually inconceivable can only be the conceiving itself which cannot cognise its own act of cognition.

If the "you" that is focally meditating is focused on the soul, then what is it that is observing? In Dynamic Psi, what are the constituents of Man and what is it that forms the conscious observation and actualization in these various meditations and applications?

As a side note, how might this clean and vibrant environment be maintained? Do you suggest the general intent within the soul of steadfast cleanliness to ward off negativity, just as darkness cannot exist in the presence of light, or do you suggest a more defined action such as the creation of an energized border or specified construct?

« Last Edit: September 05, 2007, 04:38:12 PM by Hech »

Logged

<http://www.thedivinescience.org>

September 09, 2007, 09:48:02 PMReply #2

XIII
Veritas Teacher
Posts By Osmosis

Offline

Beauty
161

Karma:

12

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Re: Fundamental Dynamic Psi: Constructs, Grounding, and Filtering

The cognizant faculty of the mind is originally used for awareness and observing in meditation, but deep enough focal meditation upon the soul can shift awareness to the seat of the soul, so as the consciousness is in the soul as it is being concentrated upon.

As for the cleanliness of the area, a 'barrier' of sorts may be an accidental result of cleansing, but is not a requisite. A general wiping of constructs and intentions can benefit practice greatly, and indeed, one can learn to actively ward off and filter constructs and the like.

Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

January 24, 2012, 10:49:38 PMReply #3

The Psion

Settling In

Offline

*

14

Karma:

1

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Re: Fundamental Dynamic Psi: Constructs, Grounding, and Filtering

Quote from: XIII on August 29, 2007, 09:00:23 PM

Construct communication is a very useful application of construct dynamics, and is great practice for creating, sending, and reading constructs.

What is construct communication? How do you do it?

Logged

February 02, 2012, 01:54:38 PMReply #4

Mindlessinvalid
Posts By Osmosis

Offline

1205

Karma:

10

Personal Text

Crazy and Can't Get out of Bed

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Re: Fundamental Dynamic Psi: Constructs, Grounding, and Filtering

Quote from: The Psion on January 24, 2012, 10:49:38 PM

Quote from: XIII on August 29, 2007, 09:00:23 PM

Construct communication is a very useful application of construct dynamics, and is great practice for creating, sending, and reading constructs.

What is construct communication? How do you do it?

telepathy via constructs. think of it like psychic email. If you don't have a partner for that, you could always try scanning training by using constructs, that way you get an extra step of training in there.

Logged

Clothes make the man, and naked people have little or no say in society.

February 02, 2012, 07:21:58 PMReply #5

The Psion

[Settling In](#)

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*

14

Karma:

1

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Re: Fundamental Dynamic Psi: Constructs, Grounding, and Filtering

Thanks. :)

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Author Topic: All around scanning, for shields, energy bodies and other household needs (Read 13840 times)

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December 20, 2005, 10:58:07 AMRead 13840 times

Forg

Posts By Osmosis

Offline

The V' Smithy

829

Karma:

20

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All around scanning, for shields, energy bodies and other household needs
Scanning (by Forg)

Scanning is a rather general term. The “technique” itself is rather that of multiple facets. Scanning entails searching an area or being for any given thing. I will go over a basic technique for scanning a person from any distance or any location and slightly more difficult versions in order to get more detailed information.

Basics

To be simplistic about it, scanning is a matter of linking up to your target, be that person or place, and being able to perceive the target to get the desired information. So initially to create the connection I would recommend extending your energy out to the target via use of name, photo, phone number, or other such things that may be personal to that person. Something that will be laced with that person or places energy signature.

An energy signature is different for each person/area. It is basically like an ‘energy fingerprint’ of the person. This can be found in objects a specific person may use or words they have typed, due to the intent they use toward those things. The signature, being personal, is what you will link to, thus creating your connection to them.

There are many ways to extend your energy to that person. A particularly good way to start is using visualizations of a chain of energy coming from you; or you can picture that object, or the person/places name and focus on the feeling of yourself moving out to that point or extending there. You can also achieve this by simply feeling the signature out which will be mentioned later. This connection can be made over most any distance on the planet, as energy is not limited by the physical. The medium which used to create or send it through doesn’t make a difference either, but the longer the connection, the more energy necessary to create it. The difficulty of connecting to someone across the globe is little different then to connection to someone on the other side of the house.

Now that your connection has been made, your intent may to be expressed. You should focus your mind on what you are looking for or what you are looking at. As though you were looking around the room normally or perhaps an object. This is also similar to some telepathic techniques, in which you are “scanning” the object at hand for particular color or shape. It’s at this point where, if you don’t get a good mental visual or are just unsure, you ask questions of your subconscious. Ask yourself in the back of your mind a simple question (“What color is it?” or “Is it blue”, etc). What you feel is correct will be the answer, or if you are simply answered with a yes or no. Each person is different in this respect and what shall be returned from the subconscious or how is

determined only by that person. Just as how you attain the information, by seeing or asking, is person specific.

After scanning, it's important to remember to close the connection, either by imagining your cutting it or simply by filtering. Connections left open can bring in unwanted things from the target such as feelings, possibly parasites, or other such things may occur. So unless you are prepared for what is to come from the other end, close the connection.

Scanning without a link

A link is not required to scan. Links will help at first to get the idea of finding an energy signature that you may be looking for but once you have the idea it would benefit you more to not link directly. In order to avoid linking to the person you are trying to scan you simply need to keep their signature in mind. This can be done the same way as mentioned earlier in the article except you want to clearly keep the intent to not link to the person.

Instead you will be mentally projecting more than anything. Now this may sound intimidating at first but it's not all that complicated. While focusing on the signature you just want to 'appear' at the location. Keep in mind again that psi is not limited by physical concepts. Visualization in this case can be simple as just existing where the person is, just appearing next to them. As your understanding of finding the location of an energy sig grows you will better understand how to get there without the use of a link.

Specific Scanning

This section is applicable to those who practiced the first section to a point of ease.

Scanning can be used to find more specific things rather than the more simple tasks covered before. These tasks separate scanning into categories: Physical scans, which involve the scanning for a person's physical traits such as eye color or what their face may look like; energy body scans, which are scans of a person's energy self; 'time look' scans (which will not be covered in this article). It is not limited to just these, but these are the types that shall be addressed.

Physical scans aren't much different from a normal scan except that the focus is on the person's physical traits. I recommend breaking down what you are looking for. Start with eye color, by focusing on it as you would normally. Then by asking yourself or from actual site you achieve your answer. From here you can move on to hair color, then to face shape, and other specifics. Then try to put it all together and focus on a scan of the large picture. The previous information will make it much easier to then see the whole picture. If difficulty persists, simplify it further. If it's easy, look at larger parts at a time.

Energy body scans are a scan of a person's energy. It is literally the placement and flow of a person's energy. It is typical that this is what is seen when initially scanning a person. If you don't get this upon scanning a person then focus on their energy specifically, focus on finding and seeing it inside of them. This scan can be particularly useful. Once you have become used to scanning to find the energy body then you can

be more specific with it. Shift your focus along the energy body like you would move a telescope. Think to yourself on where you would like to go, focus on going there, thus moving your focus. It's just like focusing on your hand and moving your energy in or out of it. Envision your energy going to where you would like your sight to go. This isn't necessary if a good visual isn't able to be produced. The specific factors can be found by the same process of questioning as said earlier. The energy body, also containing energy flow, can have blockages. They tend to appear as dark spots on the energy body, this can be caused by a number of things. Similarly, constructs or other energy may be seen around it. This can be identified by focusing on them as you would an object or person. Then questioning its construction, the way stated previously. There are many other facets to the energy body which will not be covered in this article.

Note

These are just examples of what can be accomplished as ability increases and is not limited to this. I can't stress this enough. This is a basic overview of what you can do to achieve this and you should create your own technique. The best techniques are the ones that fit your needs, in other words, the best technique for me isn't necessarily the best for you. So this can be used as a starting block for your own design, or, if it works, stick with what you are doing. Just as well, your morals behind it are your own, keep in mind that this should only be done with permission of the person being scanned. It's just like peeking through someone's window, you act in a way where the person may not be aware of you and you invade their privacy. I leave that up to you, but be warned if you are to encounter an unhappy person who discovers what has occurred.

Feel free to make any comments, suggestions, or complaints

« Last Edit: October 26, 2006, 09:37:03 PM by Forg »

Logged

Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha

December 21, 2005, 05:25:27 AMReply #1

Falcon

Posts By Osmosis

Offline

Vretsa Dcitoiray

702

Karma:

1

Personal Text

Veritas Mentor

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Re: All around scanning, for shields, energyboudys and other household needs
Comments: I like the article, you set it out in away which was easy to understand from a
beginers perspective, you didn't use to many psionic terms (which is a good thing,
becuase it's a basic training tool)

Suggestions: I can't really think of anything to improve it! :D

Complaints: well, heres the list! 1. I can't think of anything!

Logged

Finding some things difficult and need a extra hand, Apply for a mentor that's what were
here for <http://forums.v society.net/index.php?topic=9706.0>

December 21, 2005, 06:45:29 AMReply #2

ThiefDeath

Posts By Osmosis

Offline

Posting chief

1549

Karma:

4

Personal Text

Grammaton Cleric

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Re: All around scanning, for shields, energyboudys and other household needs
I would like for the "household needs" to be explained better. I didn't quite catch those
in the article.

Logged

[23:48] <DanielH> You guys are all strange

[23:48] <DanielH> You have a different way of thinking (which is wrong)

How about a shave?

December 21, 2005, 08:51:24 AMReply #3

Forg

Posts By Osmosis

Offline

The V' Smithy

829

Karma:

20

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Re: All around scanning, for shields, energybodys and other household needs
Thank you falcon ^_^

And Thief, pardon my mis-advertising. The next article will cover all of those things such as scanning your egg salad for flavor and telepathic milk communication.

Logged

Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha

November 01, 2006, 10:45:19 PMReply #4

Sekhmet

Posts By Osmosis

Offline

Greenhorn

661

Karma:

1

Personal Text

Warrior...Not Princess... Klutz...

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Re: All around scanning, for shields, energy bodies and other household needs
Forg, I'd like to thank you for putting this up on the main page. Its a great find.

Logged

Boo-ya!

November 22, 2006, 09:34:42 AMReply #5

Quincy

Settling In

Offline

*

23

Karma:

0

Personal Text

Also known as iWaffle

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Re: All around scanning, for shields, energy bodies and other household needs
Forg, after linking (as exactly said in your first post),

1. Can I scan for the linked person's thoughts? (A.K.A. telepathy)
2. Can I start sending them messages from there?

3. Can I do 1 and 2 WITHOUT linking? (As exactly said in "Scanning without a link")

Thanks in advance!

Logged

I NEVER forget.. just.. distracted.

November 26, 2006, 01:57:43 PMReply #6

Forg

Posts By Osmosis

Offline

The V' Smithy

829

Karma:

20

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Re: All around scanning, for shields, energy bodies and other household needs

1. Can I scan for the linked person's thoughts? (A.K.A. telepathy)

Yes, of course. Unless forced out or away by the person you are scanning this feat is quite possible and is actually the way I do it, just without the linking.

2. Can I start sending them messages from there?

This is also possible but depends greatly on your ability to send the messages and the persons ability to interpret the messages. With such things as telepathic suggestion it's easier to get your messages through because you are directing the persons thoughts to change their actions, which doesn't require a conscious interpretation of the message you are sending. With something that requires conscious deciphering (unless the person is commonly sensitive to these types of things or you are capable of making the message strong enough) it's likely the person you are sending the message to would need to be aware that you are sending them something.

It's also important to note that when you are just starting a practice like telepathy, messages are easier for both users to interpret if they are based more on feelings or simple ideas rather than trying to send words.

3. Can I do 1 and 2 WITHOUT linking? (As exactly said in "Scanning without a link")

Simply by talking with someone or just seeing them you create a small link between you and that person in any case (not necessarily anything strong or significant), this is strong enough to facilitate telepathic communication. That basically means a conscious 'strong' connection is not necessary.

In any case though you do not require any kind of link to do either of the things in 1 or 2 because thoughts in general are projected in waves. Kind of in the sense of a speaker sending waves of sound, only in an energetic sense. Simply being aware of these waves and focusing on receiving them from the specific person or to the person would be enough.

Logged

Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha

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Author Topic: Binding Constructs to Objects (by XIII) (Read 11561 times)

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October 28, 2005, 11:14:59 PMRead 11561 times

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Binding Constructs to Objects (by XIII)

Binding Constructs to Objects

by Shadowwarrior13

A while ago, when I was making constructs easily and getting bored, I tinkered with "binding" them to random objects. Many of you have probably heard of this concept, but for those who haven't, an explanation: The word binding is used generally in magic to explain "locking" a spirit, servitor, or whatever into something else. I tried it out, and had trouble with just putting the construct in the object and leaving it to its own devices. It always stayed in one place when I moved the object, and never "stuck". So to prevent this for all of you, here's a few techniques for keeping those constructs latched on to whatever you want. I'll also include some ideas for applications, how it works, and all you need to take it beyond this article.

Applications:

We can move objects using Psychokinesis, influence chance with Micro-PK, influence emotions with Empathy, suggest actions using Telepathy, etc. Well, instead of doing it manually, why not have an object do it for you? Stick a luck-enhancing construct on some dice, a construct on a pool ball to push away from holes, or for a prank, a construct on a coin to scare people. One could "enchant" a pencil with a construct to

make a chick (or dude) fall wildly in love with them, and give this pencil to him/her. If done right, you can do numerous things like this with wild results. As another example: I could have a non-psionic friend who was under a psychic attack. Solution? I could attach a shield-creating construct onto a charm or necklace and give it to them as a gift. Attaching constructs to objects can be handy for storing energy for later. Let's say you have a really good "energy level" one day. You could make a construct with a bunch of energy, and save this for a rainy day. Or maybe you want to make a long-term construct that's easy to keep track of. Attach it to a ring and you'll always know where that construct is.

Theory:

The basic idea is getting the construct to stay with the object, right? Well, a little insight into psi helps greatly when using and adapting this art. Every rock, tree, piece of gum, person, keyboard, etc. has an underlying energetic structure. Now, some may be more complex than others, but this structure can have contributions from energy picked up from people handling it, from its surroundings, or it can be a naturally occurring energy structure. Trees, animals, and other natural things have natural energetic structures. Even non organic things such as most rocks have naturally occurring structures. By naturally occurring, I mean that the energy is created along with the substance. With non natural things such as plastic, computers, paper, and other manmade materials, energetic structures are formed with energy from people, environments, or anything else with energy coming into close proximity with the material. This energy breaks off of its original place, and comes over and sticks to the material, strengthening and forming more of a structure. Since this is the "soul" of the object, more or less, it doesn't leave the object, so this is what we want to bind to. If we bind to this structure, the construct becomes a part of that structure, and stays with it until it dies.

Methods:

Visualization:

One of the methods I use is... visualization. Yeah, that thing you used to make psiballs when you started out works for other stuff too. Let's say we're practicing binding a "hot" construct to a rock. You could imagine the construct melting into the rock, getting glued, or just smashed in there. The only limit is your imagination, so to speak, but the visualizations used must be taken in to account. Visualization is just imagining something while having the imagined scenario sent to the subconscious and interpreted as a command to do something. If the command is unclear, nothing will happen. You'd want to use something that symbolized the construct moving to the object, filling its space (this helps), and "sticking" it to the object.

Shell Melting:

Another tech is what I like to call shell melting. What this is, basically, is melting a shell into the object in question, and putting the construct in there. You CAN melt the shell of the construct itself, but I do it with a different shell for the extra strength, and so if one becomes infected with a virus, it can't spread to the other. For this, pick a random object. This works with everything, so don't be picky later on. For starting purposes though, pick

something simple, such as a bottle cap, marble, pencil, nothing too distracting from the original purpose. Create a basic empty shell with the approximate shape and size of your object. (Shaping it like the object isn't completely necessary, but I like my constructs to fit cleanly so nothing's sticking out awkwardly.) Now, move the shell inside of the object, overlaying it. Here comes the exciting part. What you want to do here is melt the shell into the "fabric" of the object. To do this, you want to be able to sense the energetic structure of the object. If you can see the structure, you can melt the outer shell into it. To melt the shell, just program/command it like you would any other construct, to melt into the structure and merge with it. I wouldn't suggest doing this with the entire construct, as if the innards of the construct merge with the innards of the structure, it can corrupt the programming by putting foreign patterns in there.

Weaving:

A tech I especially like is just weaving the construct into the same "fabric" of the object as last time. Weave your construct into this. Weaving is a technique which I feel greatly enhances the strength and endurance of a construct. Think of lots of little strands all interwoven tightly to make a construct. That's what weaving is! To weave a construct itself, instead of making a big lump of psi and forming it into a construct, you form "threads", or little strings of psi. Make lots of these, and they can be any size you want. Now, using however you program/control constructs, weave these in and out of each other like a wicker basket. This may sound scary and complicated, but it sounds a heck of a lot more complex on paper than it really is. It helps make constructs stronger, as when you weave, you pay more attention to the entire construct, and when you weave, the threads are tighter together than normal energy floating around sticking to itself. After a bit of practice with making constructs this way, it can be done as fast as lumping psi together into a construct. Now, back to weaving it into the object. We learned to weave, so what's stopping us from weaving through the actual structure of the object? You can weave through an already existing construct, just stick the threads through the energy of the construct and the energy of the object at the same time, like sewing. You can also create the construct inside of the object as opposed to out, and weave it in as you're creating it.

Linking:

You probably learned about links while learning about telepathy. Well, this may shock you, but links aren't only for a telepathic connection! A quick and simple way to bind a construct is to simply link it to an object. The link acts as a rope, and tethers the construct to the object. Create a construct, and make a link out from it. This can be done while the construct is outside or inside of the object, but outside may be easier to comprehend at first. Now remember, you don't want to link to the object, but the objects underlying energetic structure. So, after linking to the objects structure however you feel comfortable with, you're going to want to tighten the link so the construct doesn't wander away. Note that it's also possible to link two construct/objects together, which could spawn "telepathy rings" or something of the sort.

"Vacuum":

Now, this method is the one I use the most because of numerous reasons. I call it the "Vacuum" technique. When you put your hands together in water and pull them apart quickly, it creates a vacuum that instantly fills the space with the surrounding water. The same principle works with psi. Make a basic empty shell. (Weaving also helps this because weaves expand and contract easier; this has to do with it being more malleable than normal lumps of psi) Program this shell to let energy in, but not out. Now, here's the fun part: slowly expand the shell; it will draw energy from the surrounding air. If the shell gets too big, you can make the shell smaller and compact the energy, and expand it again. What does this have to do with sticking it to an object? If this is done with the shell around an object, it literally pounds the energy into the object. I like this method because not only does it stick it to the object, it gets a bunch of energy for the meaty part of the construct as well. You may want to clean the energy drawn in of all programming, as it's random energy from the environment you're harnessing. This principle works simply because as the shell is moving out with no energy, the shell pushes energy outside out, but creates an imbalance because there's energyless space inside the shell. As nature tends to correct imbalances, the psi from the outside is drawn inside to balance the equation.

Feel free to edit and hopefully improve on these techniques. Some things work for some, while not for others. Now you have a few nudges on the path to binding constructs to random objects. You should have no trouble thinking of things to do with it, as the sky is the limit.

~Shadowwarrior13

« Last Edit: October 04, 2008, 02:05:09 PM by XIII »

Logged

Latest article: Construct Dynamics

Want to learn psi? Check out our collection of psi articles.

November 22, 2005, 08:26:45 PM Reply #1

Underworlder

A Familiar Feature

Offline

Hundred-plus Club

144

Karma:

0

Personal Text

Teacher of the Kinesis

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Re: Binding Constructs to Objects (by Shadowwarrior13)

that was truly beautiful post, the vacuum technique intrigues me...

I am going to try this soon :biggrin:

moo :cow:

Logged

I am an enigma

wrapped in a mystery

sheathed in a quandary

ensconced in a dilemma

swathed in a quagmire

swaddled in an imbroglio

and covered in a white wrapper

February 02, 2006, 06:10:01 PMReply #2

Adept

Posts By Osmosis

Offline

Posting chief

1145

Karma:

4

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Re: Binding Constructs to Objects (by Shadowwarrior13)

I only skimmed this as I'm off to practice magic and then bed, but I too found this vacuum technique to be very interesting and unique. Go SW13!

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Pages: [1]

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The Veritas Society »Academic Areas »Articles »Psi and Mental Abilities »Binding Constructs to Objects (by XIII)

Jump to:

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Pages: [1] 2

Author Topic: How to NOT Practice Psi (Read 37544 times)

0 Members and 1 Guest are viewing this topic.

July 26, 2006, 01:34:41 AMRead 37544 times

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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How to NOT Practice Psi

How to NOT Practice Psi

I would like to address a number of serious missteps that I have seen taken by a significant portion of psi practitioners. These comments are not intended to ridicule any practitioners, and they are not intended to make anyone feel uncomfortable or inadequate. I do however believe that they need to be explicitly discussed so that we become more aware of the problems with these approaches. It is my hope that with sufficient awareness, these problematic approaches will move out of prominence.

Aiming for Feelings

I recently read an article on another prominent site, which detailed the following instructions for making a psiball (simplified in my own wording):

1. Trace a pattern on the palm of your hand using your other finger, and remember the physical sensation.
2. Attempt to feel the physical sensation again without touching your hand.
3. Put your hands near each other and attempt to feel a physical sensation in the palms of your hands.
4. If you succeed, this is a psiball???

This is not just an ineffective technique, but a dangerously counterproductive training technique which could serve to set back your progress in psi. It is however a representative example of a more general error.

In the above technique, the practitioner is encouraged to emulate a physical sensation in the brain. In other words, the practitioner is encouraged to create a sensation which has no cause. In essence, this technique teaches the practitioner to actively induce analytical overlay, and then mislabel this analytical overlay as "psi".

The goal when learning psi should never be to simulate a physical sensation. This is most likely to teach you little more than how to simulate physical sensations within the brain through ordinary and classical means.

The Use of Hands

It is most unfortunate that many articles purporting to teach kinesis do so by encouraging the reader to put his or her hands next to the kinesis target. This is particularly pervasive among articles which instruct people to use a psiwheel, is also present in articles on kineticking a straw, and I even noticed it recently (and astonishingly)

in an article on kinetizing a flame. In all three of these cases, and indeed in nearly every other case, this is an extremely counterproductive approach.

First it needs to be emphasized that in no way, shape, or form, does psi require or utilize the hands in the performance of kinesis. Yet there exist countless articles proposing this as a primary training technique. The problem arises due to the fact that every one of the above mentioned targets will sometimes move through entirely ordinary and classical means simply from the physical presence of a hand. This results in a large number of false positives, where the practitioner comes to believe kinesis has been successfully performed because motion was observed, when in actuality none has occurred.

This causes a number of practitioners to erroneously believe that the mental rituals they perform while observing this motion are functional approaches to kinesis. Then when they attempt to use these techniques on other targets, or when their hands are a significant distance away from the targets, they find that they can no longer get their abilities to "work". The unfortunate truth is that a number of these people have failed to properly develop control over their ability in the first place, because they trained with a misleading technique.

So in summary, never ever use your hands. Psi works equally well across any distance, so use this to your advantage and sit far enough away from your target that the feedback you receive during your kinesis practice is accurate.

Suggestive Scanning

The drive is often there among practitioners to confirm their abilities with feedback from others. Unfortunately, this is sometimes done in very wrong ways. One approach which has become prominent is the method of suggestive scanning. This method is usually undertaken innocently, and often yields erroneous results. The dialog often goes something like this:

(Alice) I've been working on psiballs, but I'm not sure if I got it working right. Can someone scan in front of me and see?

(Bob) Sure, I will.

(Alice) Thanks, Bob.

(Bob) Hmm, it seems you do have a psiball in front of you, but it's a little weak. Try to put more energy in it.

(Alice) Will do, thanks.

Another unfortunately common example goes like the following:

(Alice) I don't feel so well. Can someone scan me to see if there are any connections to me?

(Bob) Yeah, I can try.

(Alice) Thanks, Bob.

(Bob) Hmm. I see a few entities attached to you that seem to be draining your energy.

(Alice) Yeah, I thought it was something like that. I just wanted to check.

In both examples, both Alice and Bob have good intentions, but because of the way they are interacting they are actively leading each other astray. The problem begins because Alice's initial comments are strongly suggestive of the desired or expected answer. Even though Bob's intention is to be entirely honest, Bob's subconscious is automatically primed with those suggestions to yield the expected answer as analytical overlay. This gives a high probability to "break" Bob's ability to scan, and he must engage in significant steps to attempt to overcome this analytical overlay.

Unfortunately, this form of suggestive scanning is often used by people to "confirm" the accuracy of their own sensing abilities, or to "confirm" the validity of their own construct creation abilities. This yields so many false positives, that practitioners using this approach will build up a false confidence in an internal method they are using which is not actually valid. Then when the practitioner attempts to use psi for practical purposes, the abilities which he or she thought were mastered are suddenly found to be ineffective.

It can take some time to unlearn approaches to psi which have become habitual due to false feedback received in this manner, so it is strongly recommended that suggestive scanning should never be used for feedback. If you solicit confirmation via scanning, it should always be from someone who has no idea and has received no hint (no matter how subtle) regarding what you expect to be there. This is a minimal requirement which should always be met when considering a scanning result for feedback purposes.

So How SHOULD You Practice Psi?

There are many legitimate ways to practice psi and advance to competent skill levels. But there is one aspect which should be central to any psion's practice schedule: Accurate feedback through objective external means.

Feedback is the golden key which allows you to adjust and improve the internal aspects of your technique, which in turn improves your accuracy and control. Since feedback is central to improvement in practice, the accuracy of this feedback is central to making sure the changes you make are in the direction of improvement. The best way to make sure feedback is accurate is to make sure it is objective (either a result is correct or incorrect, and it is clearly observable whether this is the case), and to make sure that the feedback is external.

There are times in the performance of psi when you must proceed forward with only your own scanning ability as internal feedback to guide you, but it is important that you

continually tune and improve this scanning ability by using external feedback from sources outside of yourself which are not subject to your own expectations. This is the means by which you can establish and maintain legitimate confidence in the use of your own scanning ability during the performance of psi.

So remember, avoid techniques and behaviors which are potentially plagued with false positives, and instead fill your practice schedule with techniques which yield accurate feedback through objective external means.

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July 26, 2006, 05:49:36 AMReply #1

solstice

Posts By Osmosis

Offline

Dreamwalker

2114

Karma:

-7

Personal Text

"Receive and transmit..."

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Re: How to NOT Practice Psi

I'd like to add some things with regards to the "scanning" aspect.

Such mistakes I feel are the most common, and relate to all forms of psychic discipline. People create false expectations, or lead others into doing the same, be it unintentional or purposfully.

In my experience, be it with a client or friend, I make sure the third party is aware that divulging personal details without request will break the "connection". As an example, I might get asked "Is my boyfriend cheating on me?" Naturally, this statement opens the door to cold reading and simple deduction -- by virtue of the expectation, one can say that person already HAS reasons for their suspicion, further both parties will engage in an emotionally driven session based on those expectations.

When you wish to practise telepathy, or what have you, the other person should be blind to what you really expect. You and your partner should be somewhat general with your requests. More productive lines of asking would be, "Tell me what you see with regards to my [relationship]..." or whichever the desired target may be. Playing "shapes and colors" should be "playing guess what I have in mind."

Psychic abilities are profound, and have profound effects. Both parties must realize that the objective should not be limited by linear parameters -- keep the lines of understanding opened and honest. If you do not see/feel something that seems to fit,

then do not force it into your own idea of what that should be, but work to assert its nature: imagined or psychic.

Logged

Tell all the Truth but tell it slant: Success in Circuit lies. Too bright for our infirm Delight.

The Truth's superb surprise. As Lightning to the Children eased, with explanation kind.

The Truth must dazzle gradually, or every man be blind.

Tefeari: The Giant Impact Hypothesis is a theory

July 29, 2006, 07:34:47 AMReply #2

peebrain

New Member

Offline

*

4

Karma:

-1

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Re: How to NOT Practice Psi

The technique comes from Robert Bruce, as I mentioned in the article. Have you actually tried it? It works pretty good. Tactile methods are pretty popular... it's not like I was posting any huge new idea for people to try out. This is a run-of-the-mill technique.

Is it possible that people fake the sensation? Yes, absolutely. Which is why I linked to my article on how to verify your psi ball at the end of the article. Can you give me a psi ball technique that doesn't have room for analytical overlay? No - because the fact that you are already telling me the technique is for making a psi ball will frontload me.

It's just a beginner article. If that's the only thing you can find on PsiPog that you disagree with, then I consider that pretty good out of the 80+ articles we have on the site.

EDIT: I can't find any psi ball articles on this site (except for Skywind's). Do you have a link to the technique you use?

~Sean

« Last Edit: July 29, 2006, 08:00:04 AM by peebrain »

Logged

July 29, 2006, 09:40:16 AMReply #3

solstice

Posts By Osmosis

Offline

Dreamwalker

2114

Karma:

-7

Personal Text

"Receive and transmit..."

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Re: How to NOT Practice Psi

Robert Bruce admittedly has no educational background in energy work -- he says he made up everything, as he goes along. His exact words were "I have no education in [energy work]. I figured it out for myself." Which brings into question his understanding of things like analytical overlay and psychosomatic effects.

Logged

Tell all the Truth but tell it slant: Success in Circuit lies. Too bright for our infirm Delight.

The Truth's superb surprise. As Lightning to the Children eased, with explanation kind.

The Truth must dazzle gradually, or every man be blind.

Tefeari: The Giant Impact Hypothesis is a theory

July 29, 2006, 10:36:26 AM Reply #4

kakkarot

Posts By Osmosis

Offline

0. The Fool... Inverted?

2701

Karma:

3

Personal Text

Pirate "Not-A-Mod" BoB

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Re: How to NOT Practice Psi

(edit galore!)

"making stuff up" and "figuring stuff out" are two different things. don't mix them.

I never had formal education in qi gong for the first about five years that i practiced it, yet i consistently achieved greater repeatable results than most people here have claimed during their practices. book learning don't amount to shit compared to actual daily practices. in fact, now that i've been doing a ton of reading for the past almost five years my achievements have waned considerably, my capabilities have dropped substantially, and my experiences are much more infrequent than the daily they used to be. so what "education", exactly, should mr bruce, or anyone, have before they're "allowed" to teach others how to feel and use energy?

(for the record, this was written after our discussion in the chat. shadowwarrior finally

quoted for me stuff from bruce's book which is dangerous, but that weren't energy work. it was ritual work. like fumigating a room with sulphur. that's hardly energy work, so the lack of education in energy work here can hardly be blamed as it's a lacking of education in chemistry that's proving dangerous.)

also for the record, while the tactile thing is useful for helping people become more introspective (not introverted), i do believe it's a mere beginner technique and should be dropped quickly in one's studies in favour of better things. and external results are always better than internal ones, since external ones give real proof whereas internal ones give mere beliefs. *wonders if i'm done with the disclaimers or if someone's gonna flame me anyway*

~kakkarot

PS and to quick-reply to peebs, "we don't do energy balls here anymore". ^ _ ^

Last edit, I swear: after seeing a bunch of stuff shadowwarrior talked about from bruce's psychic self-defense book, i will finally agree that he's not a great source for information. *stabs solstice* but that don't mean i like you :P

« Last Edit: July 29, 2006, 10:55:39 AM by kakkarot »

Logged

Philippians 2:5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be grasped, 7 but made himself nothing, taking the very nature of a servant, being made in human likeness.

July 29, 2006, 10:43:19 AMReply #5

XIII

Veritas Teacher

Posts By Osmosis

Offline

Beauty

161

Karma:

12

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Re: How to NOT Practice Psi

The only thing that using physical feelings in accordance with energy does is create an unnecessary system of biofeedback in replacement of actual energy work. There are, not arguably, better methods.

Logged

<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

July 29, 2006, 11:34:37 AM Reply #6

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: How to NOT Practice Psi

Quote from: peebrain on July 29, 2006, 07:34:47 AM

The technique comes from Robert Bruce, as I mentioned in the article. Have you actually tried it? It works pretty good.

I don't care much who the idea came from, it's a terrible idea on its own merits. Performed literally, it results in the emulation of a physical sensation, but not in energy work.

Quote from: peebrain on July 29, 2006, 07:34:47 AM

Tactile methods are pretty popular... it's not like I was posting any huge new idea for people to try out. This is a run-of-the-mill technique.

I've noticed they have grown popular recently. That's why I have posted an article against such methods.

People have been describing energy as a "feeling" for quite some time without properly defining what they mean by "feeling", but when this is misinterpreted as "skin sensation == psi" and then taught to beginning students, a lot of mass confusion and misunderstanding will result.

Quote from: peebrain on July 29, 2006, 07:34:47 AM

Is it possible that people fake the sensation? Yes, absolutely. Which is why I linked to my article on how to verify your psi ball at the end of the article. Can you give me a psi ball technique that doesn't have room for analytical overlay? ... EDIT: I can't find any psi ball articles on this site (except for Skywind's). Do you have a link to the technique you use?

The Skywind technique for psiballs is not a flawless technique, and many people who have attempted it have encountered analytical overlay as a result. But the Skywind technique has a significant benefit in that the description focuses explicitly on the energetic process of forming a psiball, after an admittedly brief introduction to energy manipulation. The psiball method critiqued above in the article, however, is enormously counterproductive. It emphasizes the pretending or emulation of a physical sensation AS the process, and so the most likely result in this case is that the student will achieve what he or she was working on, which is the pretending or emulation of a physical sensation. This is not energy manipulation.

I also teach a technique for forming psiballs, but currently it is only located within the psi course as it requires material to be studied in sequence. Like Skywind it focuses on the energetic process for forming a psiball, but in contrast, it is not brought up until around the 11th lesson, by which point the students have already become quite familiar with the process of controlling psi. That way the energetic process can be described in explicit detail, and the psiball can be formed using known and verified techniques and skills. This is the type of process I refer to in the above article when I mention that sometimes internal feedback must be used temporarily, but it should be done using skills that have been verified with external feedback.

We all need to start adapting our teaching techniques to new orderings and methods like this, so we can reap the benefits of genuine base skills developed with feedback.

Logged

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July 29, 2006, 08:47:38 PM Reply #7

peebrain

New Member

Offline

*

4

Karma:

-1

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Re: How to NOT Practice Psi

Quote from: kobok on July 29, 2006, 11:34:37 AM

I don't care much who the idea came from, it's a terrible idea on its own merits.

Performed literally, it results in the emulation of a physical sensation, but not in energy work.

Have you tried it? Also, I think it does matter where the technique comes from... I don't agree with everything Robert Bruce believes, but the fact that he has published books

on the subject of energy manipulation should be a good indication that he might have some idea of what he's talking about.

Also, if you want to attack the technique - realize that you are attacking Robert Bruce. Not me, and not PsiPog (other than the fact I personally think the technique works... because I've used it). However, your article seems to be directly aimed at attacking my article. What's the real issue here? You don't like PsiPog for some reason?

Quote from: kobok on July 29, 2006, 11:34:37 AM

People have been describing energy as a "feeling" for quite some time without properly defining what they mean by "feeling", but when this is misinterpreted as "skin sensation == psi" and then taught to beginning students, a lot of mass confusion and misunderstanding will result.

Certainly not on PsiPog... where we are constantly preaching healthy skepticism. We openly teach in multiple places that people need to confirm what they experience with an external source. That falls under the umbrella of "healthy skepticism", which is an identifying trait of PsiPog. Which is exactly why I linked to the "How to Measure/Verify Your Skills" article at the end of the psi ball article.

Quote from: kobok on July 29, 2006, 11:34:37 AM

The psiball method critiqued above in the article, however, is enormously counterproductive. It emphasizes the pretending or emulation of a physical sensation AS the process, and so the most likely result in this case is that the student will achieve what he or she was working on, which is the pretending or emulation of a physical sensation. This is not energy manipulation.

Pretending to feel a physical sensation is not energy manipulation... I agree. Again - which is why we emphasize healthy skepticism. ANY psi ball technique could potentially be practiced in a way to produce false results... So it's not like all of the sudden, this tactile method is a terrible idea that always produces false results (which is how you make it sound). It has the potential to produce false results (just like any technique)... Which is why we emphasize healthy skepticism on PsiPog.

shrugs

You could literally pick any article on psionics, on any website, and disagree with it and post a counter-article about why something in it is wrong. Psionics is a very large field of highly debatable and subjective ideas... to pretend that you have some ultimate answer and training method is just silly. My question is why you would specifically choose one of the newest articles on PsiPog to attack? It's a popular technique, that produces results, and is easy for beginners to get started with. It's documented by Robert Bruce, who even though some of you might disagree with him, at the very least you have to admit he has achieved a high level of success in the field of teaching people about energy manipulation. PsiPog is known for it's stance on healthy skepticism, and

it's something we constantly pound into our visitors' heads - and my new psi ball article links directly to another article I wrote on how to confirm you've made a psi ball. So what exactly are you complaining about? We aren't skeptic enough? The technique isn't popular enough? The order in which we teach things isn't structured enough?

What is the real issue here? Honestly, this looks like you just randomly grabbed one of the new articles, and decided to label it as "wrong". Then you create a few reasons on why this article should be labelled as wrong, and you can pass off your ideas because psionics is such a highly debatable field to begin with. You don't have all the answers... and neither do I. No one has psionics figured out - including me, you, and even Robert Bruce. I'm glad you think your personal training methods are wonderful - perhaps they are, I don't know, I guess I don't have accesss to them. Just because your methods work doesn't mean everything else is therefore wrong.

~Sean

Logged

July 29, 2006, 09:04:00 PMReply #8

_glyph

New Member

Offline

*

1

Karma:

0

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Re: How to NOT Practice Psi

im certain kakarrot meant fabrication(as in hoax/false) when stating "make things up", and the more obvious "figured out" refers to development without prior knowledge. everyone knows thats every form of knowledge be it spiritual or conceptual started by exploring the unknown. [edit] i swear somone countered against kakorrot??

im sorry my first post has to be of this nature, and i hope to clear my name in the future...but

i have some issues with your article. i truly appreciate your and others efforts to save those from a path of failure(the reason i keep comin back to this site, been lurking for about few months). Robert Bruce's and peebrain rendition toward psballs is clearly for those without sight or knowledge, it still has some clarity that it offers. it instills belief into the practitioner, with practice that belief will be replaced by knowledge, and so forth. i know im preaching to the choir, but doubt deffies all effort.

personally i prefer useing hands to perform techniques. now i know that the hands themselfe do not assst my progress,but(i choose)its part of a process that is

subconscious reinforcement.

as for scanning eh... dont care for it and make every attempt to prevent being scanned
"there can be only one"

joking aside.....when people start defining do's and dont's the real reason we
practice(truth) becomes choked and sometimes lost.

-----glyph-----

« Last Edit: July 29, 2006, 09:29:05 PM by _glyph »

Logged

July 29, 2006, 10:41:27 PMReply #9

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: How to NOT Practice Psi

Quote from: peebrain on July 29, 2006, 08:47:38 PM

Quote from: kobok on July 29, 2006, 11:34:37 AM

Performed literally, it results in the emulation of a physical sensation, but not in energy work.

Have you tried it?

Yes I have. Performed literally, it results in the emulation of a physical sensation.

Quote from: peebrain on July 29, 2006, 08:47:38 PM

Also, I think it does matter where the technique comes from... I don't agree with everything Robert Bruce believes, but the fact that he has published books on the subject of energy manipulation should be a good indication that he might have some idea of what he's talking about.

Also, if you want to attack the technique - realize that you are attacking Robert Bruce.

I've spoken with Robert Bruce before. I enjoyed discussing with him, and he seemed

like a nice guy with some interesting spiritual insights, but he's no oracle of omniscience. I do not have any qualms about criticizing a method he supports.

Quote from: peebrain on July 29, 2006, 08:47:38 PM

Not me, and not PsiPog (other than the fact I personally think the technique works... because I've used it). However, your article seems to be directly aimed at attacking my article. What's the real issue here? You don't like PsiPog for some reason?

I didn't mention you or psipog by name in the above article, because what I'm critiquing is the method. And as I said at the very beginning, "These comments are not intended to ridicule any practitioners, and they are not intended to make anyone feel uncomfortable or inadequate." So no, my intentions are not personal. My point is simply that we as a global community need to start using better methods.

Quote from: peebrain on July 29, 2006, 08:47:38 PM

Certainly not on PsiPog... where we are constantly preaching healthy skepticism. We openly teach in multiple places that people need to confirm what they experience with an external source. That falls under the umbrella of "healthy skepticism", which is an identifying trait of PsiPog. Which is exactly why I linked to the "How to Measure/Verify Your Skills" article at the end of the psi ball article.

In principle, yes, you did link to "How to Measure/Verify Your Skills". But if we look carefully at the methods proposed in there for measuring and verifying skills, there are some problems. The first method you propose for people to use for verification is exactly like the suggestive scanning I was talking about. (The "Ask someone else if they can feel it" method.) This is quite likely to yield the same false feedback problem as the initial technique. The second method of sending shapes and textures is much more reasonable. This can serve as a good example of objective external feedback.

Quote from: peebrain on July 29, 2006, 08:47:38 PM

Pretending to feel a physical sensation is not energy manipulation... I agree. Again - which is why we emphasize healthy skepticism. ANY psi ball technique could potentially be practiced in a way to produce false results... So it's not like all of the sudden, this tactile method is a terrible idea that always produces false results (which is how you make it sound).

Actually, yes, I would say this method is significantly worse than others. This method EXPLICITLY trains people to produce a false physical sensation. The exact quote is, "An easy exercise to try is to first spiral your right pointer finger on the palm of your left hand. Memorize that feeling. Next try to make that same feeling happen while not using your pointer finger." Surely you can't tell me that you think this is energy work. This is just the brain imagining a sensation.

Quote from: _glyph

it instills belief into the practitioner, with practice that belief will be replaced by

knowledge, and so forth. i know im preaching to the choir, but doubt deffies all effort.

I certainly appreciate the temporary contribution to confidence that false feedback can yield, but unfortunately, this confidence tends to be somewhat transitory when the feedback is false. Ultimately a psion needs to learn to intentionally control his or her own expectations and confidence. I consider this so essential to psi that I think practice of this should always precede things like the practice of psiballs.

« Last Edit: July 29, 2006, 10:52:17 PM by kobok »

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Latest article: Construct Dynamics

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July 30, 2006, 05:08:33 AMReply #10

solstice

Posts By Osmosis

Offline

Dreamwalker

2114

Karma:

-7

Personal Text

"Receive and transmit..."

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Re: How to NOT Practice Psi

Did someone delete my response? Kakkarot, I did reply to you, but I no longer see it.

In summery:

If I taught myself to drive a car, does this not mean that I made up the instructions?

Quote

Also, if you want to attack the technique - realize that you are attacking Robert Bruce.

Not me, and not PsiPog (other than the fact I personally think the technique works...

because I've used it). However, your article seems to be directly aimed at attacking my article. What's the real issue here? You don't like PsiPog for some reason?

If you had not mentioned it, some of us would never have know from whom or where the present example was derived.

Since you admit to being aware that Mr. Bruce has flaws, then would it be wise to base something so intrinsic on his wrecklessness?

« Last Edit: July 30, 2006, 05:13:22 AM by solstice »

Logged

Tell all the Truth but tell it slant: Success in Circuit lies. Too bright for our infirm Delight.

The Truth's superb surprise. As Lightning to the Children eased, with explanation kind.
The Truth must dazzle gradually, or every man be blind.

Tefeari: The Giant Impact Hypothesis is a theory

July 30, 2006, 06:45:57 AMReply #11

peebrain

New Member

Offline

*

4

Karma:

-1

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Re: How to NOT Practice Psi

Quote from: kobok on July 29, 2006, 10:41:27 PM

I've spoken with Robert Bruce before. I enjoyed discussing with him, and he seemed like a nice guy with some interesting spiritual insights, but he's no oracle of omniscience.

Where did I say he was an "oracle of omniscience"? Please, read what I said. And since when do you need to be an "oracle of omniscience" to create a useful technique?

Quote from: kobok on July 29, 2006, 10:41:27 PM

The first method you propose for people to use for verification is exactly like the suggestive scanning I was talking about. (The "Ask someone else if they can feel it" method.) This is quite likely to yield the same false feedback problem as the initial technique.

I notice you have a hard time understanding how extreme something is. If a technique COULD produce false results, you proclaim that it DOES produce false results. If a logical check COULD produce false feedback, then you proclaim it is "quite likely" to produce false feedback. Robert Bruce might have some insight, but he isn't an "oracle of science". Why are you so intent on speaking of such extremes? Techniques don't need to be perfectly orchestrated training systems to produce results. People don't need air tight scientific protocols for verifying their skills for themselves. People don't need to be oracles of science to create something useful.

Quote from: kobok on July 29, 2006, 10:41:27 PM

Actually, yes, I would say this method is significantly worse than others. This method EXPLICITLY trains people to produce a false physical sensation. The exact quote is, "An easy exercise to try is to first spiral your right pointer finger on the palm of your left hand. Memorize that feeling. Next try to make that same feeling happen while not using your pointer finger." Surely you can't tell me that you think this is energy work. This is just the brain imagining a sensation.

Taking one quote out of context and isolating it all on it's own, then it might produce false results. But that's why there is an entire article and website backing it up.

This entire argument is just silly... I can take a quote out of any psionic article and ridicule it. For example, Skywind writes: "Picture the energy flowing from your body, through your arms, and out through your hands." Well picturing energy is a good way to induce false sensations in the body... so her technique must always produce false results. Do you see how silly that sounds?

Quote from: solstice

Since you admit to being aware that Mr. Bruce has flaws, then would it be wise to base something so intrinsic on his wrecklessness?

Yes, Robert Bruce has flaws. Every human has flaws. Can you point me in the direction of the oracle of science who lurks on these forums that is without any flaws? For some reason you guys seem to think someone must have these traits to have useful ideas about energy manipulation.

~Sean

Logged

July 30, 2006, 08:21:19 AMReply #12

Prophecy

Teacher Emeritus

Posts By Osmosis

Offline

Theurgist

1237

Karma:

80

Personal Text

Veritas Teacher

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Re: How to NOT Practice Psi

There's no need for any of this to be taken personally, and most certainly none of it was written as an attack against any site or author. I thoroughly enjoy PsiPog, for one, and I thought Astral Dynamics by Robert Bruce was an interesting read. What Kobok is focusing on are particular techniques that have a definite potential to produce false results; this does not mean that 10 out of 10 times they most certainly will. What Kobok is advocating is a desired shift from relying on such things as sensory hallucination to using other mechanisms to confirm your progress. which is certainly not a bad idea. On the other hand, using a training of the senses to produce a desired result is not of itself a particularly bad approach either; in Kobok's view it is simply not a desirable one.

As a thought however, the belief that the ability of a man to produce some quantity of written pages, and then via a publishing company have those pages bound together and released as a coherent book, is an intrinsically false one. I could sit down right now and release two, maybe even three books regarding why the Earth is in fact the center of the universe, and the Sun is only a patch of gas being reflected from Venus and magnified by our atmosphere; unfortunately, absolutely none of it would be correct. Regardless, I'm sure in a matter of time I would amass a few followers in this belief. Like Kobok, I've spoken to Robert Bruce on a few occasions. He is a nice guy, and he certainly understands how to Astral Project, but I pray that his understanding of psionics is better than his understanding of hermetic science; something particularly alarming, as when I talked to him he was entertaining the idea of opening a hermetic lodge.

Logged

<http://www.thedivinescience.org>

July 30, 2006, 09:04:26 AM Reply #13

peebrain

New Member

Offline

*

4

Karma:

-1

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Re: How to NOT Practice Psi

Quote from: Prophecy on July 30, 2006, 08:21:19 AM

As a thought however, the belief that the ability of a man to produce some quantity of written pages, and then via a publishing company have those pages bound together and released as a coherent book, is an intrinsically false one.

I agree that publishing something doesn't automatically make you an expert, or anything like that. But if I had to choose between a guy on the internet with a website (i.e., me), or a guy that claims to have 30 years experience and a few published books on the subject (i.e., Robert Bruce), then I would be more inclined to be drawn towards the published person. I'm not saying it's a rule that all published authors are 100% trustworthy (as I stated before, there are things that I disagree with Bruce about), I'm just saying it's a pretty good indication that he might have SOME clue to what he's talking about.

Anyways. There isn't much more I can say without being redundant. If Kobok has some great techniques, I would like to see them posted publically, but if not oh well. See ya.

~Sean

Logged
July 30, 2006, 10:39:08 AMReply #14
solstice
Posts By Osmosis

Offline

Dreamwalker
2114
Karma:
-7
Personal Text
"Receive and transmit..."
View Profile

Re: How to NOT Practice Psi
Why would you be more inclined, if you agree that publication does not denote expertise?
Someone on the Internet (like you) can make the exact same claims.
And no, I do not really care about whether or not He is an oracle, but in general, when I
see a pattern of wrecklessness, then I am inclined to think that person is not a reliable
source.

Logged
Tell all the Truth but tell it slant: Success in Circuit lies. Too bright for our infirm Delight.
The Truth's superb surprise. As Lightning to the Children eased, with explanation kind.
The Truth must dazzle gradually, or every man be blind.
Tefari: The Giant Impact Hypothesis is a theory
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Author Topic: How to NOT Practice Psi (Read 37540 times)

0 Members and 1 Guest are viewing this topic.

July 30, 2006, 12:19:47 PMReply #15

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: How to NOT Practice Psi

Quote from: peebrain on July 30, 2006, 06:45:57 AM

Where did I say he was an "oracle of omniscience"? Please, read what I said. And since when do you need to be an "oracle of omniscience" to create a useful technique?

Call it an attempt at tact on my part, and lets move on.

Quote from: peebrain on July 30, 2006, 06:45:57 AM

If a technique COULD produce false results, you proclaim that it DOES produce false results. If a logical check COULD produce false feedback, then you proclaim it is "quite likely" to produce false feedback.

Precisely. Perhaps this is because you and I are looking at it from different perspectives. I am considering the perspective of how to most effectively teach large numbers of people. If a technique COULD produce false results in, perhaps, 70% of the people who try it, then when a large number of people try it, it DOES produce false results in 70% of those people. Then, 70% of the people who try a particular technique are led astray for a time.

Quote from: peebrain on July 30, 2006, 06:45:57 AM

Techniques don't need to be perfectly orchestrated training systems to produce results.

Well, my goal isn't just "to produce results". Results we've had plenty of. My goal is to produce training methods which are better, faster, and more potent than what we currently have. And a key step of that is getting rid of all these high false-positive techniques.

Quote from: peebrain on July 30, 2006, 06:45:57 AM

People don't need air tight scientific protocols for verifying their skills for themselves.

Well, the experience of many people here shows that typical members of the OEC, even reasonably intelligent ones, will lead themselves astray significantly if they use suggestive scanning regularly without realizing they are doing it. So it is critically important that people begin to be aware of these things. Why not become better than we have been when faced with the opportunity?

Quote from: peebrain on July 30, 2006, 06:45:57 AM

This entire argument is just silly... I can take a quote out of any psionic article and ridicule it. For example, Skywind writes: "Picture the energy flowing from your body, through your arms, and out through your hands." Well picturing energy is a good way to induce false sensations in the body... so her technique must always produce false results. Do you see how silly that sounds?

That's not entirely silly. In fact, that quote you extracted is perhaps the major lingering problem with Skywind's text. Huge portions of the problems radki'ers created were due to an overuse of "picturing" things happening, much of which they got from extracting portions of Skywind's text. Her description of picturing energy flowing and feeling

energy flowing, especially when combined with proper application of the technique of centering taught above this point in the text, will get many close to the proper state (much closer than emulating a physical sensation), but it still has its problems. I think it's probably a mistake to begin with psiballs that have no external feedback as an introductory exercise, as Skywind does. The end result is that good numbers of people who have followed her technique in that order, without having pre-existing natural experience, have experienced significant analytical overlay for a while. Not as many as would result from a technique on emulating physical sensation, but still, a notable problem.

However, I have the benefit of speaking from over a decade more accumulated hindsight than was available back in 1993. Back then, which is right around when I first read her text, the idea of teaching psi over the internet was somewhat revolutionary. Now we have over a decade more accumulated experience with teaching psi over the internet, and it's probably time to update a few of our ideas to take these experiences into account.

(As most people here know, I'm quite fond of Skywind as a person, and I have high respect for her abilities, her work, and her contributions to the field. It's just the way of things that we should adapt and improve our training methods to what we find works better.)

Logged

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July 30, 2006, 02:39:49 PMReply #16

kakkarot

Posts By Osmosis

Offline

0. The Fool... Inverted?

2701

Karma:

3

Personal Text

Pirate "Not-A-Mod" BoB

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Re: How to NOT Practice Psi

solstice: yeah i saw the post before it was deleted. but by saying "making stuff up" and "figuring stuff out" are the same thing, you're saying radki was "figured out" and traditional chinese medicine was "made up".

in truth, radki is what was made up, created out of imagination rather than experimental

study of reality.

and it was tcm that was figured out via experimentation and noting the results over thousands of years and god-knows-how-many practitioners, rather than being fabricated by a small group of children who didn't know what they were doing.

see the difference? if not, i'm going to mail you a dictionary for christmas.

making stuff up requires merely that you create an idea in your head and then believe that it's true.

figuring stuff out requires that you interact with reality to discover what really is true about reality.

~kakkarot

« Last Edit: July 30, 2006, 02:41:25 PM by kakkarot »

Logged

Philippians 2:5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be grasped, 7 but made himself nothing, taking the very nature of a servant, being made in human likeness.

July 31, 2006, 08:34:37 AMReply #17

solstice

Posts By Osmosis

Offline

Dreamwalker

2114

Karma:

-7

Personal Text

"Receive and transmit..."

[View Profile](#)

Re: How to NOT Practice Psi

No, I do not see any intrinsic difference, other than one seems to be adhered stronger than the other. You simply prefer one perspective than the other, when we are comparing Catsup to Ketchup.

What you are arguing is which sounds better and which makes one more comfortable. ALL medicine was first "made-up", because every single advancement AND failure is the result much pain and mistakes. Since the first surgeries had NO point of reference and no one to teach them. So, Bruce admits to having no formal reference, then where on this planet did get one? Himself!

Logged

Tell all the Truth but tell it slant: Success in Circuit lies. Too bright for our infirm Delight.
The Truth's superb surprise. As Lightning to the Children eased, with explanation kind.
The Truth must dazzle gradually, or every man be blind.

Tefeari: The Giant Impact Hypothesis is a theory

August 01, 2006, 07:02:26 AMReply #18

TheThing

Posts By Osmosis

Offline

561

Karma:

0

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Re: How to NOT Practice Psi

Man, radki is just silly. It's like comparing playing air guitar to classical music. Honestly it's hard to explain how unbelievably inferior radki is proper che manipulation. I just makes me angry that it can be mentioldned in the same sentance as a very old art that 1000s of poeple have dedicated their lives to perfecting. Thank god it's dead. :biggrin:

Logged

TheThings's Flatmate.

August 01, 2006, 09:06:24 AMReply #19

Vox Nocti

Veritas Furniture

Offline

Frequent poster

256

Karma:

0

[Personal Text](#)

[Frequent poster](#)

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Re: How to NOT Practice Psi

Hey, Rad-ki could theoretically work, if it's fixed up thremendously. Note that I said theoretically :P

And I like your comparison *steals it*

Logged

"I'd like to apologize in advance for anything that I may say or do that could be construed as offensive as I slowly go NUTS." (Col. Jack 'O Neill, Stargate sg-1)

Ashrak: "And you are considered...well, a pain in the nikta"

'O Neill: "Neck?"

Teal'c: "No."

August 01, 2006, 09:34:44 AMReply #20

TheThing

Posts By Osmosis

Offline

561

Karma:

0

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Re: How to NOT Practice Psi

Quote from: Vox Nocti on August 01, 2006, 09:06:24 AM

Hey, Rad-ki could theoretically work, if it's fixed up thremendously. Note that I said theoretically :P

And I like your comparison *steals it*

In the small way I could theoretically sell out a stadium tour playing air guitar out of tune.

That's how bad radki is.

Logged

TheThings's Flatmate.

August 12, 2006, 05:09:28 AMReply #21

Sakireth

A Veritas Regular

Offline

**

64

Karma:

0

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[Your master](#)

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Re: How to NOT Practice Psi

The solution to the "fake a sensation" is pretty simple. you only need 2 people, you then make a psiball in the other persons's hands and after that ask what he felt (also works with other stuff - making people happy and giving short headaches and stings) - it's how I test it out. i do something, the person says "wtf", and i know "hey, it worked!"

Logged

--- Sakireth

August 12, 2006, 09:55:31 AMReply #22
kakkarot
Posts By Osmosis

Offline

0. The Fool... Inverted?

2701

Karma:

3

Personal Text

Pirate "Not-A-Mod" BoB

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Re: How to NOT Practice Psi

True, Sakireth, IF those two are being honest with themselves. I've seen a lot of delusional people, in completely mundane settings, where one will say something and the other will kind of disagree and then the other one will quickly change his mind so that he's in complete harmony with the second just because he wants to feel like he's right, often times by believing that if others say the same thing he says then it's proof that he's right and therefore smart.

It's a psychological problem that persists in the weakwilled and is probably one of the reasons many people do get into radki for any length of time (they just keep reinterpreting results to make them seem more real. hence why i completely disagree with the idea that you should "believe" in what you're doing as you do it, in metaphysics, because believing in the modern sense often results in delusions). I've also experienced it myself, and have seen it applied in "traditional" metaphysical abilities as well, so by no means am I dissing radki with this argument, but it does seem to me that such individuals as who are most susceptible to such delusional thinking are the ones who go straight for radki because it promises quick and easy results if you just believe really hard that what you're doing is real.

~kakkarot

« Last Edit: August 12, 2006, 10:08:21 AM by kakkarot »

Logged

Philippians 2:5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be grasped, 7 but made himself nothing, taking the very nature of a servant, being made in human likeness.

August 12, 2006, 03:46:51 PMReply #23

no_one_2000

A Veritas Regular

Offline

**

Greenhorn

95

Karma:

0

Personal Text

Veritas' Favorite Lurker

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Re: How to NOT Practice Psi

Quote from: Sakireth on August 12, 2006, 05:09:28 AM

The solution to the "fake a sensation" is pretty simple. you only need 2 people, you then make a psiball in the other persons's hands and after that ask what he felt (also works with other stuff - making people happy and giving short headaches and stings) - it's how I test it out. i do something, the person says "wtf", and i know "hey, it worked!"

But the way you go about this could completely ruin the experiment. I've been on both ends of this experiment multiple times. If the person receiving the construct is aware that he is going to be receiving one, he will eventually feel something, regardless of whether a construct was sent or not. (This repeats much of what Kobok said in his article) Two variations on this are to send the construct to one specific hand or any location around the body (but not tell them where) or to not tell them at all and hope for a visible reaction. I've still had problems with the former, generally due to an unfocused mind and analytical overlay. Plus, if you began your training with methods that promote biofeedback, it's especially easy to confuse any number of normal sensations with the perception of a construct. The latter is difficult to work with because not everybody is going to produce a visible reaction, even if they do feel the sensation.

--

I think the reason so many beginners give up and quit their metaphysical practice so quickly is because they don't think. Holding your arms/hands in various positions for a few minutes, depending on how you do it, could easily mess with your blood flow and create some kind of physical sensation. Once they realize this, they quit. The same thing happens with telekinesis. Once somebody shows them how putting your hands next to an unstable object with minimal friction can cause it to move via random wind or breathing, static electricity, heat convection, or even movement of the hand, they get discouraged and quit. Why? It's because of these false-positives. Once you suddenly realize that it's not only possible, but likely that you've been tricking yourself this whole time, you not only create mental blocks of inferiority, but essentially end up in worse of a position than that of when you began, and belief becomes a difficult thing to work with, to say the least. (And the fact that most beginners never even think that placing your hands near a piece of paper on a pin would cause it to move by physical means is somewhat disturbing as well)

Furthermore, I can tell you why methods such as these are so popular: People like positive results. Unfortunately, if these positive results are fabricated by completely normal and every-day phenomena, then they're doing the practitioner more harm than good. Even if, with these methods, you are able to perform psionics functionally (beyond the biofeedback), you'll still have to eventually face the doubt in wondering if your results were successful due to physical means or those of the metaphysical. I don't think that's the proper way for a beginner to start his or her practice.

People need to be aware of these things before they start, and this is why I applaud Kobok for writing this article. Take it from me, there's nothing more frustrating than realizing the positive results you were so hyped about weren't actually "results" at all. It's better to be safe and not learn the hard way.

Logged

August 14, 2006, 11:43:00 PM Reply #24

ThiefDeath

Posts By Osmosis

Offline

Posting chief

1549

Karma:

4

Personal Text

Grammaton Cleric

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Re: How to NOT Practice Psi

First of all, great article kobok. I've pretty much been wanting to touch on all of those points for a while and I have been doing so on various IRC rooms for a long time but I was always too lazy to write a long, well-written, convincing article about it, especially since all the articles I've written for Veritas in the past somehow never made it into the actual articles section :teethy: . Good job.

I can vouch for kobok also that the psiball portion of this article was no sort of attack against psipog or a response to its most recent article. This subject has been around and has been in discussion for several years. I could have written this article today and I haven't read a psipog article in at least a year.

Now I could go over all the ways that self-induced feedback is counter-productive and I could go into risk vs. reward or present Rad-Ki as an argument (P.S. Fun fact: Skywind's Playful Psychic was the original platform that Radki was developed off of). However, I am not going to do that as it seems you have all done that out to the max. So, instead, I will present my own unique theory on this whole thing which I should probably be writing about in a separate article. A lot of the previous responses in this

thread have collectively touched on most of this but I'd like to try to put it into a big clear picture for everyone.

It's rather simple actually. The problem with this psi manipulation technique is that it is circular. Supposedly one can create a psiball by inducing certain feelings. However, at the same time, those same feelings are also used as an INDICATOR of the presence of the psiball. So one goes to induce the feelings, they are successful at inducing the feelings, and instantly they can conclude they have made a psiball because the feelings are there. This person can then go through this cycle of supporting their newly discovered psiball technique a virtually infinite amount of times in this endless uncontrolled loop, because there is nothing stopping them from having any doubt at all that they are making a psiball.

So their mind eventually becomes essentially programmed that this technique works. But what if the technique actually didn't work? Anyone can create artificial feelings; it doesn't necessarily prove you are making a psiball; so What if they really aren't making psiballs? Now what? Their mind is programmed with a useless training pattern that will be extremely difficult to remove. So what's the problem here? Are induced feelings bad? Not necessarily...

What we have shown here is not that induced feelings are bad, but merely that they cannot be used as an inducer and an indicator at the same time. Inducer and indicator are obviously incompatible as they contribute to an infinite loop. Due to this, most people suggest the removal of the inducer; to no longer attempt to create the feelings ourselves. But what if Robert Monroe, Skywind, the PsiPog authors, and all the people out there that have been supposedly been having success by using induced feelings were right? What if induced feelings IS a successful way to make a psiball? Obviously we could no longer remove the inducer. So out of the inducer and the indicator, what does that leave us with? It leaves us with the indicator. Instead of removing the induction of feelings from our technique, we can remove the indication of a psiball through feelings.

Removing the indicator now breaks the loop. So our practitioner goes to make a psiball, he uses induced feelings to attempt to make it, and then what... His own induced feelings are no longer an indicator of the presence of the psiball. He used them, but he now still doesn't know whether he made a psiball or not. He'll obviously have to find another way to prove that he made a psiball. His best bet is probably to program it to go do something external to himself, and see if whatever he programmed it to do got done. Some suggestions might include moving an object, changing the temperature on a thermometer, interfering with an electronic device, causing a certain feeling in another person, or relaying a telepathic message to another person. You could probably even think of a way a beginner could objectively prove the psiball without the use of complex programming or difficult tasks. If he succeeds, he knows his method is working and he can start enforcing an operational method in his mind. If he fails, he knows his method is not working and he can tweak or alter his method. Either way, he is no longer

getting himself into an infinite loop or developing a nasty habit.

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[23:48] <DanielH> You guys are all strange

[23:48] <DanielH> You have a different way of thinking (which is wrong)

How about a shave?

May 25, 2007, 10:22:00 PMReply #25

U-mos

Settling In

Offline

*

36

Karma:

0

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Re: How to NOT Practice Psi

the one headed with aiming for feeling, i think i may have done but im not sure if i

messed my self up, well ive been following this new energy ways program

<http://www.astraldynamics.com/tutorials/?BoardID=6> and it starts out with trying to copy

that feeling you get by drawing a circle on your hand to jump start the energy work, but

now i do the energy work with out even looking at the part im stimulating and i was

wondering if its was totally messed up (i just found this site)

Logged

<http://img.tfd.com/dict/F8/6B2F1-ziziphus-lotus.jpg>

May 26, 2007, 12:10:42 AMReply #26

Steve

Posts By Osmosis

Offline

3685

Karma:

139

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Re: How to NOT Practice Psi

A note to make regarding N.E.W. is that the feeling that you're getting is just a feeling,

it's sensory input that you're causing the hand to give you. However, the mechanism

used to create that feeling in your hand is the same mechanism as which is used in

metaphysics, so learn how to develop that to do more than just cause your own senses

to give you feedback.

I suggest you start here <http://forums.v society.net/topic/4867.0> and here

<http://forums.vociety.net/topic/5141.0> :)

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

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Author Topic: PsiLink, for Kinesis and Precognition Practice (Read 18267 times)

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July 25, 2006, 01:49:01 AMRead 18267 times

kobok

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Posts By Osmosis

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Veritas Council

5000

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PsiLink, for Kinesis and Precognition Practice

PsiLink is a php script I wrote which can be used to practice both kinesis and precognition. You will be given an opportunity to focus, during which you can either attempt to predict the next image shown, or attempt influence the next image shown. The six targets were selected to be conceptually strong, while also being conceptually disjoint. The goal was to have targets which are conceptually familiar to most people, but yet are significantly unrelated to each other. This should maximize your ability to interact with these targets using psi.

The difference between using PsiLink for kinesis or for precognition is decided by the intent you choose while practicing with it. If you wish to practice kinesis, you should choose one of the images at the beginning, and stick with that image throughout your practice session. For more information on the specifics of performing kinesis, read this article.

If you wish to practice precognition, you should use the focus time period to enter a deep meditative state and clear your thoughts. You should be certain that your mind is clear, open, and receptive. You want to have no lingering expectations regarding the outcome, because the goal is to receive the outcome rather than to influence it. Rather than actively exerting an inner expectation, the goal with precognition is to passively trust that the image will come to you as planned without forcing.

The results are randomly selected from one of the six images. The randomness is sourced from /dev/urandom, which continually reseeds itself using a true random number source which uses a hash of microsecond interrupt timings.

[Click here to use PsiLink](#)

« Last Edit: July 25, 2006, 01:58:21 AM by kobok »

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July 25, 2006, 11:01:36 AMReply #1

`Nazukarr

Posts By Osmosis

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631

Karma:

14

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Re: PsiLink, for Kinesis and Precognition Practice

Nice one kobok. This is fun entertaining ^_^.

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"I am not this hair, I am not this skin, I am the soul that lives within."

July 26, 2006, 06:02:42 AMReply #2

Arpspasm

Veritas Furniture

Offline

Hundred-plus Club

372

Karma:

2

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Re: PsiLink, for Kinesis and Precognition Practice

Interesting practice tool. Any chance of a downloadable version for offline entertainment?

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"This life's dim windows of the soul

Distorts the heavens from pole to pole

And leads you to believe a lie

When you see with, not through, the eye."

-William Blake
July 26, 2006, 12:30:24 PMReply #3
kobok
Tech Team
Posts By Osmosis

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Karma:
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Re: PsiLink, for Kinesis and Precognition Practice
Quote from: Arpspasm on July 26, 2006, 06:02:42 AM
Interesting practice tool. Any chance of a downloadable version for offline entertainment?

It requires a web server with php running on Linux. It would have to be completely rewritten for use without a web server, and use in Windows would be an added difficulty due to the lack of an intrinsic source of true randomness in the OS. (Well, except for the crashing, which often appears random. ;)) But if anyone with the requisite skills feels like writing an offline version, send me a private message and I will advise on the important requirements.

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Author Topic: Telepathy Exercise (Read 21748 times)

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July 01, 2004, 10:15:34 PMRead 21748 times

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Posts By Osmosis

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Telepathy Exercise

The following exercise was converted from a spontaneous telepathy clinic that was held one day. This exercise will help you practice telepathic transmission of a full sensory experience, and give you experience linking with a partner and discerning truth from analytical overlay. If you get something wrong, clear your mind more, drop deeper into a meditative state, and try again.

For this exercise you will need two people, and you will attempt to tell each other a story via telepathy.

So first, some basics. You will choose a receiver and a sender from your pair, and then switch each time.

You should join a chatroom with just the two of you in it, and perform the exercise in there.

First you will both begin with 5 minutes of meditation. For this meditation, you will both have the telepathy chatroom as the only window open on your computer, and you will both stare at the computer screen for 5 minutes, focusing only on the nick of your partner.

Then the receiver will begin by relaxing and clearing the mind, being open to input from the partner and simply waiting for it to be received.

As receiver, take note of all things you receive and all impressions you get. The goal of this exercise is to notice how impressions "feel" when they are correct, and how they "feel" when they are not.

The sender will choose a short event from his or her own life or past to tell the receiver. The sender will then focus on that event, recall it in fullness, including any images, sounds, smells, and emotions associated with that event, and allow the full experience to fill the sender completely. It can be as simple as standing at a cliff watching a sunset, or going to your cousin's birthday party with a bunch of screaming kids roller skating around, etc.

When the sender has transmitted the event for a time, about 3 minutes, repeating several times if there is a sequence of events, then the sender should type, "Okay, I'm done."

After the sender is completely finished, the receiver should describe what he or she saw, while the sender waits silently watching the description. Then when the receiver is done describing what was perceived, the sender will describe what the event actually

was.

You can discuss the results for a minute or so if necessary, and then switch to the opposite roles. You should try this exercise several times in a row with the same partner, in order to thoroughly practice connecting and exchanging information with a particular person.

Best of luck, and keep practicing!

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July 28, 2004, 08:40:21 AMReply #1

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

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Telepathy Exercise

Nicely written, a good exersice.

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<http://www.thedivinescience.org>

July 30, 2004, 10:24:31 PMReply #2

Silverdawn

Posts By Osmosis

Offline

620

Karma:

2

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Telepathy Exercise

Liking this!

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August 12, 2004, 02:13:03 PMReply #3

Orthas

Posts By Osmosis

Offline

Veritas Archivist

574

Karma:

1

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Telepathy Exercise

sounds good have to try it

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"And you shall drink your cup alone, though it taste of blood and tears, and praise God for the gift of taste." -Almustafa, Garden of the Prophet.

Quid quid latine dictum sit, altum videtur

November 27, 2004, 06:34:20 PMReply #4

Unregistered

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Telepathy Exercise

A friend of mine and I tried this. It worked. We got pretty close on every try... And we are going to try again tomorrow. :D We loved it!!

Logged

October 22, 2005, 01:30:21 PMReply #5

Bradly

A Familiar Feature

Offline

Greenhorn

217

Karma:

0

Personal Text

Love is key

View Profile Eternal Child

Re: Telepathy Exercise

Thanks kobok, I'll try this with my brother when I see him again.

Regards
Amun-Ra
Logged

November 09, 2005, 08:45:22 PMReply #6
Quantitativefool
New Member

Offline
*

3
Karma:
0

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Re: Telepathy Exercise
I'm gunna try that tomorrow, sounds good.

-Stu
Logged
November 29, 2005, 07:04:36 PMReply #7
NinjaWolfess
New Member

Offline
*

1
Karma:
0

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Re: Telepathy Exercise
This actually worked! me and a friend from a chatroom are in dif countries (can & us) and he tried to send a sad feeling when someone left but also couldnt get the thought of when he went to the beach with family members. so guess what i got! i saw myself laying on the beach but really sad and lonely for some reason! it was a kinda cool slipup! ^_^

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Author Topic: A Treatise on Self Hypnosis (by Koujiryuu) (Read 34356 times)

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A Treatise on Self Hypnosis (by Koujiryuu)
A Treatise on Self Hypnosis
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1. Introduction
2. Outline of Self Hypnosis
3. Self-Affirmation and Relaxation
4. Meditation
 - 4a. Jacobson Progressive Muscle Relaxation
 - 4b. Countdown Meditation I
 - 4c. Countdown Meditation II
 - 4d. Affirming Hypnosis
5. Suggestion
6. Termination
7. Conclusion

1. Introduction

Self hypnosis is a subject of great interest to anyone with pursuits in metaphysics, or anyone who wishes to change something about themselves. Self hypnosis is the act of hypnotizing oneself and then implanting a self-suggestion into the subconscious for a desired reason or purpose. Hypnosis is defined as such:

hyp·no·sis (hip-no'sis) Pronunciation Key
n. pl. hyp·no·ses (-sez)

1. An artificially induced altered state of consciousness, characterized by heightened suggestibility and receptivity to direction.
 2. Hypnotism.
 3. A sleeplike condition.
- (Dictionary.com)

For the case of this essay, we'll consider definition (1) above to be most relevant. Hypnosis, then, is artificially induced altered state of consciousness, characterized by heightened suggestibility and receptivity to direction. Why would anyone desire to hypnotize themselves? Why not go to a hypnotherapist and

have somebody else hypnotize you? These questions are valid, and very relevant.

Hypnotizing oneself in and of itself is simply a way of meditating into a trance state. It is the suggestions made during hypnosis, implanted into the individuals' subconscious, that have the capacity to cause change. Therefore, it could be said that hypnosis alone is simply a form of meditation, while subconscious suggestion is the real goal of the individual's pursuit of self-hypnosis. The suggestions made must therefore be realistically attainable and relevant to the individual themselves. Only you can cause change to yourself.

Getting hypnotized by someone else is not an easy task. First, you must find a decent hypnotherapist or psychotherapist that is willing to hypnotize you for a reason. Depending on where you live and what your schedule is like, this may not be a very easy goal to pursue. Second, you'll have to pay the hypnotherapist a great deal of money to help you, usually on multiple occasions over multiple sessions of hypnotherapy. This may not be possible either. Third, and perhaps most important, you must trust the hypnotherapist enough to allow them to hypnotize you! The mind can be rather unwilling to let go of itself at times, more so when someone else is in charge of the operation. All of these reasons point towards attempting hypnosis yourself, instead of going to a hypnotherapist.

Self hypnosis is an interesting pursuit, and a useful method of changing yourself in accordance with your will.

2. Overview of Self Hypnosis

Self hypnosis is comprised of four stages. These stages are relaxation, deepening relaxation through meditation, suggestion, and termination.

Relaxation is the fundamental gateway to implanting a suggestion in the subconscious. In order for self-hypnosis to work, you must be fully relaxed and unaware of what is occurring around you. Relaxation involves finding a place you are comfortable with, lying down or sitting in your favorite chair, and making sure nobody else can disturb you while you practice. Relaxation is also the time to prepare a suggestion.

Deepening relaxation involves utilizing meditation techniques to more fully relax the body, and open the subconscious mind to suggestion. Until you reach a certain state of relaxation, your mind has safeguards, or barriers in place that hide the subconscious mind from the conscious mind. It is the goal of deepening relaxation to bypass these barriers and allow the conscious mind to access the subconscious, and implant a suggestion for change.

Suggestion involves reciting self-affirmations in a prefabricated manner to yourself out loud in order to firmly plant the idea in the subconscious mind while in a fully relaxed, hypnotized state.

Termination is simply ending the self-hypnosis induction session and returning the mind to a normal state of waking consciousness.

3. Self-Affirmation and Relaxation

Preparing a suggestion is probably the most important part of self-hypnosis. It is the manner in which you word your suggestion that is most important. The subconscious will not respond to negative thoughts very well, or any thought that can endanger yourself or someone you care about. Therefore, one must be very careful, thorough, and elaborate in wording a self-suggestion.

Additionally, the suggestion you make must be realistic and attainable through one's own actions. Suggestions like "My boss will not hassle me", "I can physically fly", "My mom won't ask me to clean the house", "I want some blear", etc will accomplish absolutely nothing, because they are unrealistic and unattainable in reality through the direct work of your subconscious.

For example, let's say that the goal of a self-hypnosis session you undertake is to implant the suggestion to be a positive and more giving person. This is a laudable goal, however the suggestion you come up with is as follows:

1. "I will not be a mean person any more."

This suggestion is not an adequate suggestion, because it contains negativity in the form of the word "not". Your subconscious mind is very good at doing things mentally, it is like your mental autopilot throughout the day. However, this suggestion would be very unlikely to even reach the subconscious mind, and the subconscious mind may not accept it. A better suggestion follows:

2. "I will be a happy and caring person towards everyone I encounter."

This suggestion is much better! As you can see, it is entirely positive. It is also much more complete. Suggestion [1] uses the term "any more", which is very vague and nondescript. Your subconscious would have a tough time accepting something so indefinite and unclear. In suggestion [2], essentially the same self-affirmation is made as in suggestion [1]. We can easily see the similarities between the two. However, suggestion [2] is preferred because it is much more clear and verbose. Preparing a statement in these terms is the first step towards self-hypnosis: you must have a clear goal and well-worded self-affirmation before you can begin to hypnotize yourself.

It should be noted that when working with self-affirmations, you should never phrase things in an indirect manner. Using the word "you" instead of the word "I" is a big mistake; the individual will must be made apparent. For example-

"You are a happy and caring individual."

In keeping with the two suggestions above, the above suggestion illustrates another ineffective self-affirmation. It is ineffective because it is made from the standpoint of someone talking to you, and you are going to be saying the affirmation to yourself. Hopefully, the reason this isn't very effective is apparent.

Here are a few ideas for self-affirmation- first, a common, erroneous self-affirmation and second, a revised, acceptable self-affirmation.

1a. I do not desire to smoke.

1b. I will quit smoking cigarettes.

2a. I am not an angry person anymore.

2b. I will let go of my anger towards other people.

3a. You will be bigger physically.

3b. I will work out four times a week.

4a. You are not a sad person at all.

4b. I will be as happy as I can be.

5a. I will not be a hectic, chaotic person today.

5b. I am calm and relaxed.

As you can see, the (a) affirmations are generally unacceptable and implausible, while the (b) affirmations are good examples.

When you have an acceptable goal, and a self-affirmation in mind, write down the self-affirmation for the coming induction session in a notebook or on a piece of paper. Take this with you to the location of your choice for the session.

In choosing a location to begin relaxation in, it is wise to pick a place that you are familiar with. It should be a calm, relaxing location without any kind of outside noise or interference that may distract you from your goal of relaxation. An ideal place to practice relaxation is in your bed, lying flat on your back, or perhaps in your favorite chair.

As you lay or sit down, make sure you have your affirmation within reaching distance. You'll need this later, after you deepen relaxation and move to hypnotic self-suggestion. Begin by closing your eyes and breathing deep, in through the nose and out through the mouth. Allow your lungs to fill completely with air, and notice the sensations this causes in your body and mind, but do not become overly attached to the feelings that develop. Exhale, and feel the tension in your body melt away. Practice this for about 10 minutes.

4. Meditation

Now that you have a self-affirmation and you've begun to relax in your favorite place, it is time to deepen the trance state and move from relaxation to hypnosis. I have presented two techniques to deepen the degree of relaxation in the individual. It is up to the practitioner to determine which they would rather use, and one technique may work better than the other depending on the individual. For the best effects, it is recommended to practice both of these exercises in order: first do progressive muscle relaxation, then the countdown meditation, and at the conclusion of both of them most individuals will be adequately hypnotized and ready for hypnotic suggestion.

4a. Jacobson Progressive Muscle Relaxation

This technique was taught to me at a young age by Dr. Daryld Hanusa, PHD. It is a method of progressively relaxing the muscles in the entire body so as to achieve a calm state overall.

Begin by continuing to breath deeply. In through the nose, out through the mouth. We're going to start relaxing the muscles in the body bit by bit, from the toes to the head. Take a deep breath, and physically TENSE the muscles in the feet and calves. Try and make a fist out of your feet and hold this tension for a count of one to ten internally, then relax the muscles and exhale. Repeat to yourself internally, "I am calm and relaxed".

Moving on, we come to the thighs and groin area. Take a deep breath and physically tense the buttocks, thighs, and lower stomach. Hold this tension for the count of one to ten internally, and relax and exhale. Feel all the tension in these areas melt away, and once again repeat to yourself internally, "I am calm and relaxed".

Next, focus on the abs, chest, upper back and arms. Take a deep breath and physically tense your whole upper body, including the arms. Make fists with your hands and tense them too. Hold this tension for an internal count from one to ten, then relax and exhale. "I am calm and relaxed".

Finally, focus on the face and neck. Inhale deeply and tense the muscles in your neck and upper back, while shutting your eyes tightly and tensing the muscles in your face. Hold this tension for ten seconds and exhale, "I am calm and relaxed."

At the end of this regimen, you should feel very calm and relaxed. Close your eyes, and breath deeply. Inhale, exhale. Relax.

4b. Countdown Meditation I

This technique involves countdown backwards from 100 and using a mantra (yoga power word) to deepen hypnosis.

The mantra we are using is very ancient, and comes from mantrayoga, literally "devotion through words" in sanskrit, an ancient language from East India. The mantra word is "hamsa". Pronounced "hahm-sah", this word translates to a few different things, most notably "I am" or "swan". In hinduism, a swan is said to have ultimate viveka, or spiritual discrimination, as in the ability to tell fact from fiction, reality from delusion, and separate

oil from water perfectly. For the purposes of self-hypnosis, this information is irrelevant, but I feel it is only fair to provide a meaning to a word that will be repeated a lot in practice.

Anyway, now that we have our mantra, it is time to begin deepening relaxation to eventual hypnosis. Laying on your back or sitting in your favorite chair, continue to breath deeply. Pay attention to the cycle of inhalation and exhalation and try and extend your breaths for as long as possible.

Next, on each inhalation repeat internally "ham", and on each exhalation repeat internally "sa". Breath in, "hahm"- breath out, "sah". Not only does this relax the body and mind, but spiritually you are affirming your own existance in sanskrit, a very ancient language. Concentrate on relaxing, and allow the repetition of the mantra to occur naturally, with each breath. If your thoughts begin to wander, pull your attention back to the mantra, hamsa. "No self, only breath."

After you feel comfortable breathing and repeating the mantra, you will begin to countdown backwards from 100 internally inbetween repetitions of the mantra, like so:

"Ham....Sa.....100. Ham....Sa.....99. Ham....Sa.....98. Ham....Sa.....97."

Continue counting down from 100 with each breath. Eventually, you may just forget what number you are on. If you are a visual person, you can even visualize yourself taking steps down a staircase or going down rungs of a ladder with each numeral in the countdown. This exercise can continue until you get to 0, or otherwise forget what numeral you are on.

4c. Countdown Meditation II

For some people, the method above may not work very well. Some people have trouble grasping the idea of a mantra, and others may not want to use a mantra because of preexisting religious beliefs against such practices. This is understandable, and perfectly fine, so I've included an alternative countdown meditation excluding a mantra.

Laying or sitting down, breath in deep through the nose and out through the mouth. Picture in your head in big, block numbers the numeral "10". The number can be in whatever typeface or color you desire. Take a deep breath in, and a deep breath out, and see this number "10" become the number "9". Repeat this until you arrive at the number "1". After you get to "1", breath in and exhale and affirm to yourself "I am hypnotized" mentally.

This method can be repeated, starting at 10, until you notice the symptoms of hypnosis below.

4d. Affirming Hypnosis

How does one tell when one is fully hypnotized? There are a few different sensations that are key in determining whether or not you are ready to move to the suggestion phase.

- Flashing patterns of light on the inner eyelids, called "neural discharges"
- A feeling of warmth all over the body, called "internal heat"
- Feelings of very deep relaxation
- The inability to physically move: you try and move your body and find difficulty in doing so. This one is a big sign of a hypnotized state.
- A feeling of distance from one's normal mindstate. Less thoughts occurring than normal. Difficulty forming thoughts normally, as there is "nothing to think about".
- A strong feeling of connectedness with all things energetically.
- A loss of bodily awareness, or a blurry feeling of bodily awareness. If you cannot feel your body very well, and instead feel a buzzing vibration or sense of energetic consciousness, you are likely fully hypnotic.

5. Suggestion

Now that you are fully hypnotized through progressive muscle relaxation, countdown meditation, or both, it is time to implant the self-affirmation you came up with in section [3]. As I recommended, it is in a notebook near you. Hopefully, you can remember the self affirmation on your own; it is not recommended to move physically when hypnotized, for fear of losing the hypnotic state. However, if you cannot remember the suggestion, look at your notebook or paper and read it now.

What you want to do is repeat the suggestion internally, in it's entirety, ten times. After you have done this, speak your suggestion aloud, putting emphasis on anything dealing with the ego. For example, if your suggestion was "I will be a happy person", you would say it aloud:

"I will be a happy person."

It is important to emphasize "I will" because this will allow the rest of the affirmation to enter your subconscious thought. Repeat your affirmation aloud three times, getting progressively more forceful in emphasis on the entire affirmation. This progressive overemphasis of a single idea serves to cement the affirmation in your subconscious mind permanently.

After speaking the self-affirmation aloud, proceed to repeat it internally as much as you feel is necessary. Eventually, you will feel as if the affirmation is a part of you; this is when it is fully implanted. Use the affirmation as you would use the "hamsa" mantra,

with your breath.

Breath in, breath out. "I will be a happy person." Breath in, breath out. "I will be a happy person".

That is it for suggestion; a great deal of the suggestion section was covered in "3. Self-Affirmation and Relaxation", in preparing a self affirmation. Now that you've implanted it, we are finished with the hypnosis.

6. Termination

Terminating the self-hypnotic state is a method of working your way back to consciousness gradually. You don't want to just get up suddenly and start going about the rest of your day after you've hypnotized yourself; you want to "unhypnotize" yourself first, so to speak.

Begin by breathing deeply. In through the nose, out through the mouth. Take deep, slow breaths, as you have been doing if you've followed the rest of this essay. Say to yourself internally:

"I am going to count to 10, and when I reach the number 10 I will be fully awake, conscious and ready to go about the rest of my day normally."

Start at 1, and visualize the number 1 in big, bold type in your mind's eye. Breath in deeply and exhale. Now say to yourself:

"I am awake."

Next, see the number "2" in your mind's eye. Breath in, breath out, and repeat to yourself again: "I am awake." Repeat this for the numerals three to ten. When you reach the number ten, open your eyes slowly.

Move your head and neck around a bit, and take another deep breath. Next, move your upper body and arms a bit, and take another deep breath. Now, move your abdomen and legs a bit, and take another deep, cleansing breath. Finally, if you were laying down, sit up in your bed. If you were sitting in an easy chair, stand up. Forget about what you did, and get rid of the piece of paper with the affirmation on it; reading the affirmation again or dwelling on it will impede it's lasting effect on your subconscious.

You may want to stretch your body physically or get a glass of water before resuming your daily activity.

7. Conclusion

This concludes my treatise on the practice of self-hypnosis. I sincerely hope this method

helps you make positive change in your life through self-affirmation and meditation. Please realize that it may take multiple sessions of self-hypnosis with the same affirmation to fully implant the suggestion; it may take a few weeks to several months for you to notice any lasting effect. It really depends on what you seek to change about yourself, and you can also take steps to change yourself in accord with your self-hypnosis practice in daily life.

Self hypnosis is not magic. You must work to achieve your goals, whatever they are, no matter what. However, self hypnosis is an interesting and relevant pursuit, and when applied correctly the results are undeniably powerful. You can change any aspect of yourself that you dislike very easily with this method. I hope it works for you as well as it has for me.

Good health and training.

-Koujiryuu, 12/17/06

« Last Edit: June 05, 2013, 01:47:08 PM by Koujiryuu »

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Latest article: Construct Dynamics

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March 24, 2007, 04:59:16 AMReply #1

Tsumaru

Posts By Osmosis

Offline

1780

Karma:

0

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

I've only briefly skimmed through it so far, but I was wondering your opinion on the idea of past/future tenses when forming the affirmation? Ie, "I will be a happy and caring person" compared to "I am a happy and caring person". Have you had any experiences with one being more effective then the other, are they the same, or are you unsure on this point?

Anyway, besides that, I don't have a whole lot to say. I'm hesitant to make a general comment about the overall article until I've read it all in more detail; but so far it looks good. Informative, but concise. Seems to be nice.

Oh, one other problem though. You spelt bleaer wrong. =P

Logged

Quote from: Hech on November 19, 2008, 03:59:48 PM

don't believe everything you read... especially if it comes from me.

March 24, 2007, 08:48:32 AMReply #2

Steve

Posts By Osmosis

Offline

3685

Karma:

139

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

Past affirmations are useless as they'd only change your point of view of events that already occurred.

Make changes now. Future affirmations have the negative point in the question of when will they take place? I can affirm to myself for ten years that I "will" start caring about other people "soon", but never get around to it. On the other hand, I know that, without using hypnosis, causing changes within myself at this very moment work better than thinking of making changes sometime in the future.

Even if the affirmation is untrue compared to who you are when you begin making the affirmation to change, that's not so important because the point of the affirmation is changing who you are or how you do things so by the end of the affirmation it should become true for you, and thus when the affirmation is over you should be able to repeat it to yourself and be speaking the truth.

~Steve

Concerning the prophets: My heart is broken within me; all my bones tremble. I am like a drunken man, like a man overcome by wine, because of the Lord and his holy words. The land is full of adulterers; because of the curse the land lies parched and the pastures in the desert are withered. The prophets follow an evil course and use their power unjustly.

"Both prophet and priest are godless; even in my temple I find their wickedness," declares the Lord. "Therefore their path will become slippery; they will be banished to darkness and there they will fall. I will bring disaster on them in the year they are punished," declares the Lord.

"Among the prophets of Samaria I saw this repulsive thing: They prophesied by Baal and led my people Israel astray. And among the prophets of Jerusalem I have seen something horrible: They commit adultery and live a lie. They strengthen the hands of

evildoers, so that no one turns from his wickedness. They are all like Sodom to me; the people of Jerusalem are like Gomorrah."

Therefore, this is what the Lord Almighty says concerning the prophets: "I will make them eat bitter food and drink poisoned water, because from the prophets of Jerusalem ungodliness has spread throughout the land." This is what the Lord Almighty says: "Do not listen to what the prophets are prophesying to you; they fill you with false hopes. They speak visions from their own minds, not from the mouth of the Lord. They keep saying to those who despise me, 'The Lord says: You will have peace.' And to all who follow the stubbornness of their hearts they say, 'No harm will come to you.' But which of them has stood in the council of the Lord to see or to hear his word? Who has listened and heard his word?"

« Last Edit: March 24, 2007, 08:57:05 AM by Steve »

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

March 24, 2007, 04:53:45 PM Reply #3

Koujiryuu

Teacher Emeritus

Posts By Osmosis

Offline

Scholar-Warrior

1340

Karma:

101

Personal Text

内功。導引

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

Quote

Past affirmations are useless as they'd only change your point of view of events that already occurred.

Make changes now. Future affirmations have the negative point in the question of when will they take place? I can affirm to myself for ten years that I "will" start caring about other people "soon", but never get around to it. On the other hand, I know that, without using hypnosis, causing changes within myself at this very moment work better than thinking of making changes sometime in the future.

Tsumaru, I believe Steve hit the nail on the head with this one. There's a quote my mother is fond of that you may have heard before, but is relevant here:

"Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called "The Present"." :wink:

When making an affirmation, it should always be done in present tense, if possible.

As for the long Biblical quote. Steve, would you mind explaining to me exactly what that has to do with anything in my article? I'm failing to see the connection between that and self-hypnosis. If you would be willing to clear that up, I'd appreciate it.

-Kouji

Logged

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Gone from Veritas forever. Blame the staff.

March 24, 2007, 05:19:20 PMReply #4

Tsumaru

Posts By Osmosis

Offline

1780

Karma:

0

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

Actually, that was a typo. I meant present/future tenses; not past/future. =P

But you've responded to that anyway, so no harm done. =]

Logged

Quote from: Hech on November 19, 2008, 03:59:48 PM

don't believe everything you read... especially if it comes from me.

March 24, 2007, 07:06:47 PMReply #5

Steve

Posts By Osmosis

Offline

3685

Karma:

139

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

The quote after my "~Steve" means nothing to the topic at hand. I've begun quoting the

bible as a form of post-by-post "sig" (but only for posts large enough to warrant them, unlike this one ^_^).

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

March 25, 2007, 12:47:38 AMReply #6

Tsumaru

Posts By Osmosis

Offline

1780

Karma:

0

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

Just out of curiosity - do you expect people to read them? No offence, but I skipped straight over it. <_< Mind you, I read Kouji's post first and noted he said it was irrelevant; if I hadn't I probably would have. But now that I'm aware you intend to randomly through quotes in - well, I'll most likely not bother.

Logged

Quote from: Hech on November 19, 2008, 03:59:48 PM

don't believe everything you read... especially if it comes from me.

March 25, 2007, 07:50:08 AMReply #7

Steve

Posts By Osmosis

Offline

3685

Karma:

139

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

Your life is your own. Read them or not, according to what you choose. I hope people interested in the bible will read them, but I do not expect anything :)

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

April 21, 2007, 09:10:35 AMReply #8

nightwalker1189

Settling In

Offline

*

14

Karma:

0

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

"Past affirmations are useless as they'd only change your point of view of events that already occurred."

So how could you use self-hypnosis to not regret something you did in the past/not have negative feelings about something you did?

Because the only thing I can think of is "I do not regret _____" Which has a negative word in it Would "I feel good about _____" work?

Logged

"True wisdom is less presuming than folly. The wise man doubteth often, and changeth his mind; the fool is obstinate, and doubteth not; he knoweth all things but his own ignorance." -Akhenaton

April 21, 2007, 05:59:04 PMReply #9

Tsumaru

[Posts By Osmosis](#)

Offline

1780

Karma:

0

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

"I have no regrets..." / "I do not regret..." probably would work. But considering people might bitch about "NO NEGATIVES!!!" how about "I am free of regrets..."? Either way, I think there are better ways to dealing with regret then self-hypnosis personally, but it's up to you.

« Last Edit: April 21, 2007, 06:23:46 PM by Tsumaru »

Logged

Quote from: Hech on November 19, 2008, 03:59:48 PM

don't believe everything you read... especially if it comes from me.

April 21, 2007, 07:00:34 PMReply #10

Steve

Posts By Osmosis

Offline

3685

Karma:

139

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

"So how could you use self-hypnosis to not regret something you did in the past/not have negative feelings about something you did?"

"I am free (*unshackle yourself from emotional burdens here*), and look to the bright possibilities in my life". It's easy to see how positive affirmations can quickly become new-age ideology >_>

But I find a better way of dealing with regret is to make up for what you did that you regret, or at least take responsibility for it. If you are let off the hook, rejoice and don't let it burden you :)

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

April 21, 2007, 09:13:42 PMReply #11

nightwalker1189

Settling In

Offline

*

14

Karma:

0

[View Profile](#) Nightwalker's Myspace

Re: A Treatise on Self Hypnosis (by Koujiryuu)

Thanks guys, I appreciate the advice and I will attempt to find some way to atone for a certain regret I have.

Do you have any experience or advice on how to stop trying to "watching" for getting hypnotized and just let it happen. I keep getting on the verge seeing flashes of light in my eyelids, feeling waves through my head and then thinking "is this it" and waking up to a totally conscious state

Logged

"True wisdom is less presuming than folly. The wise man doubteth often, and changeth his mind; the fool is obstinate, and doubteth not; he knoweth all things but his own ignorance." -Akhenaton

April 21, 2007, 10:31:55 PMReply #12

Steve

Posts By Osmosis

Offline

3685

Karma:

139

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

Oh yeah, that's easy to explain: you stop anticipating. Just watch and see what does play out, rather than hoping and waiting for that which you believe will play out. And if nothing plays out, watch that too. Turn off your thoughts (ie, your question "is this it?") and simply percieve. :)

~Steve

For this is what the high and lofty One says— he who lives forever, whose name is holy: "I live in a high and holy place, but also with him who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite.

« Last Edit: April 21, 2007, 10:42:13 PM by Steve »

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Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

April 22, 2007, 12:54:51 AMReply #13

Tsumaru

Posts By Osmosis

Offline

1780

Karma:

0

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

When I tampered with self-hypnosis in the past, I had the same problem nightwalker. I'm afraid that I stopped practicing before I ever overcame it so I can't help you there. Sorry.

Logged

Quote from: Hech on November 19, 2008, 03:59:48 PM

don't believe everything you read... especially if it comes from me.

May 12, 2010, 10:25:25 AMReply #14

Exvenator

New Member

Offline

*

0

Karma:

0

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

This is may almost the same way as I am doing and did.. Although mine is less technically.. . It is only done by repeating internally and externally the words, dont care where you are and what state are you in..

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Author Topic: A Treatise on Self Hypnosis (by Koujiryuu) (Read 34347 times)

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May 12, 2010, 04:27:12 PMReply #15

Koujiryuu

Teacher Emeritus

Posts By Osmosis

Offline

Scholar-Warrior

1340

Karma:

101

Personal Text

内功。導引

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

Yep, that works too. If you repeat a mantra or saying while lying down and deep breathing, most people will eventually experience hypnosis.

The different states are different for everyone, so it's tough to tell exactly what "state" you are in and isn't something to put focus on. Although, I've found that both of the methods outlined (counting down with visualization and progressive muscle relaxation) help to speed up the hypnosis and allow for reaching a deeper, calmer mindstate. That's why they're included :)

Hope you enjoyed the read.

~Koujiryuu

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Gone from Veritas forever. Blame the staff.

March 27, 2011, 11:52:04 AMReply #16

Michael C

Settling In

Offline

*

10

Karma:

1

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Re: A Treatise on Self Hypnosis (by Koujiryuu)

I never use "I will" in any affirmation as this is very indefinite. I agree with Tsumaru's post.

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The Veritas Society »Academic Areas »Articles »Psi and Mental Abilities »The
Secondary Cerebral Cortex of the Psion (by Kettle)

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Author Topic: The Secondary Cerebral Cortex of the Psion (by Kettle) (Read 28875
times)

0 Members and 1 Guest are viewing this topic.

November 17, 2007, 08:28:37 PMRead 28875 times

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

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Veritas Council

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The Secondary Cerebral Cortex of the Psion (by Kettle)

The Secondary Cerebral Cortex of the Psion

By Kettle

The use of this construct requires the understanding of many of the principles contained within the Dynamic Psi style of psionic practice. Gathering energy, basic construct dynamics, proper conceptualization, and of course scanning, are all very important skills to have and understand before attempting use of this construct. When these concepts are well understood the construct itself is very easy to produce, but until that point the creator can become bogged down in pointless assumptions and expectations.

Most importantly though, you should always remember that a construct will do exactly what you expect it to when you fully expect it to.

The Purpose of This Construct

When scanning, the information that is gathered by us, as souls, is completely unbiased and un-tampered with. However, because the soul processes physical information in a different way than something bound to the physical domain (the soul being free from the limits of time or mortality), the brain is used to process the information, since it is specifically designed to process information about the physical domain. The brain will process this information and the soul will recollect it, interpret it, and then act on it. When written like this the system would seem fine, but the truth of the matter is that the brain will often add and construe information, leading to improper information and all around bad scanning. We can help alleviate this through serious, time consuming training, but we can never or have not yet been able to alter the brain in such a way as to completely erase this problem.

The purpose of this construct is to completely bypass the use of the brain by creating another one. The construct will process the data acquired by the soul and flawlessly present it back in an easily understandable and untampered way.

Conceptualization

The conceptualization of this construct is very simple, just a construct that will do exactly as stated above: to process the data acquired by the soul and flawlessly present it back in an easily understandable and untampered way.

However what is required from the psion using this construct is a small shift in focus to the construct while performing psionic practices, which is also very easy. Remove the focus of information input into the brain (where it would normally go) and put it to the construct itself.

To make this easier you can have it so that the construct itself essentially agitates the soul into keeping its awareness between both the body and it. This can be done by

having the construct encourage the soul to “expand” it’s awareness, spatially aware of the surroundings at all times as well as being aware of the immediate future, such that on some level you are constantly aware of things around you and anything that’s about to occur. The broadness of this range can also be increased as skill is gained.

Furthermore, if this practice is done continually (as in all day everyday), the user will experience a very rapid increase in scanning ability. This requires no effort on the part of the psion (aside from the original effort of creating the construct), and will in no way hurt them.

This is not only a useful tool to the skilled psion, but also a good training tool for the beginning or intermediate psion (provided they are capable enough to properly conceptualize and create this construct).

Expectations

Immediately after creating this construct you should find an improved ability when using it. If not, this is likely due to improper conceptualization. If you properly conceptualized it working well and presenting information easily it should work fine right away. Also, your accuracy should improve, but this goes without saying.

Other Considerations

1) The spatial location of a construct can be important when using it, but really only on a conceptual basis. The truth of the matter is that it is completely unimportant where your construct is located spatially, as the energy psi can move through time and space instantaneously without regard for distance, and the soul can also do this with even greater ease.

Because this construct has been called a “second brain” there will be a tendency to want to place it directly above your head. Though there is nothing wrong with this, and it will in no way effect the functioning of the construct, it may however benefit the user to move the spatial location of the construct to somewhere far away from their head. This construct has such a strong pre-existing spatial conceptualization it would be very beneficial to the user to overcome this expectation and help them to evolve as a soul. The connection with the construct will in no way change no matter where it is located spatially, but a greater gap between the body and the construct would help to teach the unimportance of distance to the soul.

2) The idea for this construct could potentially be used for other things, for example, math. The construct is not limited by physical means such as space or time, as such incredibly complex calculations could be done nearly instantaneously.

3) Most importantly this construct proves one thing; that the body and brain that often hold back the soul are only a beginning point, and not entirely necessary.

« Last Edit: November 24, 2007, 04:01:16 PM by kobok »

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November 17, 2007, 08:59:10 PMReply #1

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

I compliment you on a very useful and beneficial article. It was an easy and informative read.

Quote from: kobok on November 17, 2007, 08:28:37 PM

The construct is not limited by physical means such as space or time, as such incredibly complex calculations could be done nearly instantaneously.

Have you done this? Do you have any examples? I'm just curious.

Namaste

Logged

<http://www.thedivinescience.org>

November 17, 2007, 09:08:52 PMReply #2

Frozen

Posts By Osmosis

Offline

Posting chief

1072

Karma:

1

Personal Text

Posting chief

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Pure genius, Kettle.

Logged

* chirss was kicked by kobok (Denny Crane)

I CARVE EVERYTHING YOU SAY INTO MY LEFT ARM!

~ V

<ShoresofPluto> how often do u ignite fires with ur mind?

<kobok> On occasion.

[20:06] <kobok> XIII: You wear your girlfriend's pants??

[20:06] <XIII> kobok: On occasion.

November 17, 2007, 09:13:17 PMReply #3

`Nazukarr

Posts By Osmosis

Offline

631

Karma:

14

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Amazing article, Kettle. I'm pumped up for my next practice session.

Logged

"I am not this hair, I am not this skin, I am the soul that lives within."

November 18, 2007, 04:59:16 PMReply #4

Tankdown

Posts By Osmosis

Offline

871

Karma:

2

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

The movement of psi through space and time instantaneous is still a thought that I am challenging, but irreverent to where ever you put it I agree with. Its a good article and may consider it.

Logged

To do, become -Myself

<---Little demon
November 18, 2007, 06:39:03 PMReply #5
Kettle
Teacher Emeritus
Veritas Furniture

Offline

Frequent poster
376
Karma:
20
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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)
Thanks to those who enjoyed the article.

Quote

Have you done this? Do you have any examples? I'm just curious.

I have used the construct for math and math related subjects with good (as in correct) results, however I haven't devoted enough time to exploring this particular facet of the construct. I plan on doing it, but not anytime soon.

-k

Logged
November 18, 2007, 08:36:49 PMReply #6
TakeV
Veritas Council
Posts By Osmosis

Offline

Mad Scientist
946
Karma:
55
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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)
Quote from: Tankdown on November 18, 2007, 04:59:16 PM
The movement of psi through space and time instantaneous is still a thought that I am challenging

I challenge the fact that you use gravity!

Logged

Sigil for focus

Best argument ever.

November 19, 2007, 09:13:13 AMReply #7

Tankdown

Posts By Osmosis

Offline

871

Karma:

2

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Hows my logic?

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Cute, but it doesn't really matter to this topic. Maybe I bring one up in the near future or we could talk about this on a PM. Cause from what I can see there are still many opinions and routs it can take. I don't understand why it haves to be instantaneous. Also there are things that don't obey gravity. Oh and I don't like to use gravity, I'm just force to use it :P

Logged

To do, become -Myself

<---Little demon

November 20, 2007, 11:01:43 AMReply #8

Zake

Posts By Osmosis

Offline

Veritas Staff

1722

Karma:

1

Personal Text

Veritas Staff

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Perhaps this is simply a misunderstanding of dynamic psi on my part, but I don't see how the processed impressions received from this "second brain" would be any easier for ones "real brain" to receive uncorrupted than the impressions received from the soul

directly. Could you clarify this point?

Logged

Act; for the universe will never forget your movement, nor will it ever forgive your stillness.

November 20, 2007, 03:05:16 PMReply #9

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

I think that the soul receives the information which then needs to be organized. The "second brain" receives the information in an unbiased manner and then proceeds to organize it. The organized information is later comprehended by the actual brain, and this is in contrast to the actual brain receiving raw information which can be organized in a very biased manner.

I may be wrong,

Namaste

Logged

<http://www.thedivinescience.org>

November 20, 2007, 03:46:48 PMReply #10

Tankdown

Posts By Osmosis

Offline

871

Karma:

2

Personal Text

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

I don't know its sounds like assumptions to me. The whole information still sounds like it can just be directly thrown into the brain. How do you know that psi goes to the soul more firmly instead of going to the brain first then into the soul? Sort of like natures way of stopping unneeded information to just fly into the soul.

Logged
To do, become -Myself
<---Little demon
November 20, 2007, 06:03:38 PMReply #11
Zake
Posts By Osmosis

Offline

Veritas Staff
1722
Karma:
1
Personal Text
Veritas Staff
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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)
Well, my thinking on the applicability of a "second brain" construct is this; my general impression of how analytical overlay works is that it happens after one has some idea what the information is. This seems to be the case due to the fact that the presence or severity of analytical overlay in a given case has been observed (as I recall?) to correlate to how it relates to ones own interests and desires; it is difficult to ESP bad news. So the problem then wouldn't seem to be one of pure data processing; this happens easily enough, by whatever mechanism. Its simply bias. Metaphysical input to our brains will generally be rather subtle, whether it is from scanning or from a construct, so we're not necessarily bypassing the problem here.

My solution would be to connect a "second brain"-type construct to some easily produced physical effect- say, effecting the roll of dice, wavering of flame, etc. Thus, the information would go from the soul's scanning, to the construct, and then into incontrovertible physical evidence without having the chance to be corrupted by the psion's biased brain. (Incidentally, yes, such a practice would indeed look similar to traditional divination methods. Interesting, no?)

Again, my familiarity with dynamic psi isn't great, so I present this as a hypothesis and suggestion rather than an authoritative statement.

Logged
Act; for the universe will never forget your movement, nor will it ever forgive your stillness.
November 20, 2007, 06:17:06 PMReply #12
Hech
Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

"...my general impression of how analytical overlay works is that it happens after one has some idea what the information is." - Isn't it true the the subconscious mind attaches certain concepts to things before the conscious mind is even aware of this? A shield constructed around a person will follow that person if the subconscious concept exists that a shield is "attached" to the person. As another example, it's like how being in the room with another person will naturally allow an empath to pick up on the other person's emotions. The concept of distance affects the soul through the energetic domain. It's like how a person who is afraid of rabbits will attach fear to the image before the conscious mind is even aware of seeing a rabbit, or in contrast, attaching "fluffy" to the rabbit before the conscious mind is even aware of seeing a rabbit. Or more precisely, attaching "rabbit" to the collection of fur, limbs, etc. before the conscious mind is even aware of seeing the mass of flesh. The world around us is perceived by our senses, our subconscious mind layers the truth with many different perceptions and thoughts, and finally, the conscious mind is aware of what we see. It's interesting when, in a certain meditative state, one sees the world around himself without these attachments and thus sees the truth with a "layer" of "apple", "chair", "wood", etc. covering such, with countless other layers that can't really be described covering those (and all in between). By using a "second brain" construct to interpret and organize the information before it is comprehended by the brain helps to bypass this, though it may take some time to learn to recognize and trust this information that, to the brain, seems to suddenly and simply be known. As a side note, this is a conglomeration of personal experiences and pure hypothesising, so this can't really be trusted so well ^-^ However, if somebody could tell me whether or not my assumptions about the subconscious mind are correct, I would appreciate that.

-edited some things-

« Last Edit: November 20, 2007, 06:21:25 PM by Hech »

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<http://www.thedivinescience.org>

November 20, 2007, 06:19:33 PMReply #13

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Quote from: Tankdown on November 20, 2007, 03:46:48 PM

I don't know its sounds like assumptions to me. The whole information still sounds like it can just be directly thrown into the brain.

Information acquired by the soul can be directly thrown into the brain. The point of this article is that doing it that way is not necessarily the most effective or reliable approach, and that higher quality results can be obtained by using constructs to process the information into a stronger or more digested form prior to sending the information into the brain. This is not the best beginning approach, because creating a construct of that form is a little complicated for a person starting out.

However, I have tried similar techniques to that put forward by Kettle prior to him writing this article, and I concur with his conclusion that this can result in significantly more accurate scanning. I also think that articles like this which demonstrate an advancement to psi built around both a theoretical foundation and a practical basis provide an excellent contribution to the field.

Quote from: Tankdown on November 20, 2007, 03:46:48 PM

How do you know that psi goes to the soul more firmly instead of going to the brain first then into the soul? Sort of like natures way of stopping unneeded information to just fly into the soul.

Because first, experience shows us that the soul can handle far more than the brain can. And second, the brain is a physical organ with no physical mechanism for receiving psi information directly without the soul acting as the mechanism by which psi is performed.

Quote from: Zake on November 20, 2007, 06:03:38 PM

Metaphysical input to our brains will generally be rather subtle, whether it is from scanning or from a construct, so we're not necessarily bypassing the problem here.

If a construct for this purpose is designed well, it can substantially reduce the subtlety of this input.

Quote from: Zake on November 20, 2007, 06:03:38 PM

My solution would be to connect a "second brain"-type construct to some easily produced physical effect- say, effecting the roll of dice, wavering of flame, etc.

This can of course be done (and yes, is the way most traditional divination methods work when they work). However, these methods have a tendency to produce false positives if the effect is weak and are using something probabilistic (dice). It turns out that it is usually easier to transfer information in a non-subtle way to the brain, than it is to apply information in a non-subtle way to something like dice.

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November 20, 2007, 06:31:12 PMReply #14

Tankdown

Posts By Osmosis

Offline

871

Karma:

2

Personal Text

Hows my logic?

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

I disagree with the ESP of bad news. Someone always has desire about almost any bad news if it affects there life. Such as your mother or father dieing in a car crash. Plus wouldn't hypothetically evolution build up a better connection between brain and soul connections (still if the soul does exist or not). Like wouldn't there BE a psionic brain if it was highly efficient due to many attempts in humanity (or animal) past lives? Oh course this doesn't exactly affect us today true or not, it was a fun thought I wanted to throw up.

Oh and I don't agree with that shield idea either. The shield may very well just be connected to you with no thinking involved (Sensory of the shield damage would hold a different ground on this matter).

Wait whats the definition of the soul are we going with? Cause I picture the body and soul being the exact same thing.

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To do, become -Myself

<---Little demon

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Author Topic: The Secondary Cerebral Cortex of the Psion (by Kettle) (Read 28866
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November 20, 2007, 09:47:41 PMReply #15
kobok
Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Quote from: Tankdown on November 20, 2007, 06:31:12 PM

Wait whats the definition of the soul are we going with? Cause I picture the body and soul being the exact same thing.

[Click here](#), and see part four of that article.

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November 20, 2007, 09:56:59 PMReply #16

Tankdown

Posts By Osmosis

Offline

871

Karma:

2

Personal Text

[Hows my logic?](#)

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Ya I still think its the same thing and the body is still connected (expect maybe not in death :rolleyes:). I am not agreeing with people lately.... :confused:

Regardless I'll go with it.

« Last Edit: November 20, 2007, 10:02:57 PM by Tankdown »

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To do, become -Myself

<---Little demon

November 21, 2007, 12:54:11 PMReply #17

Kettle
Teacher Emeritus
Veritas Furniture

Offline

Frequent poster

376

Karma:

20

Personal Text

Frequent poster

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

I think somewhere along the line there's been an incorrect assumption made, that being that the brain is still used with this construct. Remember that the purpose of this construct is to bypass the brain almost entirely, but let me start at the beginning.

For us to function and make decisions in this world we need three things; Something to gather information, something to process that information and then send it back to the soul, and then the soul to act upon the information. Key point here, information has to be sent to the soul so it can make a decision on what to do and more importantly how to change itself to cope with the situation.

Normally our senses gather the information, the brain processes it, then the soul decides how to act upon it. And then somewhere along the line we realized the soul could gather information the senses couldn't. So then, the soul gathers the information, the brain processes it, and then the soul once again acts upon it. We have now found that the brain can add and construe information that the soul did not originally acquire, and I, in my practice, have found that a well made construct can process information gathered by the soul without adding or construing information.

So what we have here is that the soul gathers the information, the construct processes it and returns it to the soul in an understandable manner, and then the soul acts upon the information and changes itself depending on how it wants to deal with the situation. At no point does the brain enter into this sequence, it is supposed to be a very dynamic and streamlined process of incredibly quick action and reaction, and the brain is not necessary to the process with a properly created construct.

Now there are pieces missing here, specifically memory, as you would not remember any use of the construct if the information did not eventually come to the brain. Fortunately though I am in the process of writing a complimentary article to this one that will explain a lot more of this and allow for a better way of utilizing the construct and bypassing the brain.

-k

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November 21, 2007, 01:57:48 PMReply #18

Oriens Lvx Lucis

Posts By Osmosis

Offline

766

Karma:

-1

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Quote from: Kettle

When scanning, the information that is gathered by us, as souls, is completely unbiased and un-tampered with. However, because the soul has no ability to process and organize this information it must use the brain to do this.

What evidence is there to support this statement? I don't see how a primitive tissue can compare in computing power to the soul.

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November 21, 2007, 05:32:26 PMReply #19

Kettle

Teacher Emeritus

Veritas Furniture

Offline

Frequent poster

376

Karma:

20

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Frequent poster

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Quote

What evidence is there to support this statement? I don't see how a primitive tissue can compare in computing power to the soul.

I could ask the very same question to you, what evidence do you have that the soul has any computing power at all? What you're quilty of here is adding impressive

characteristics to something that is indeed impressive, however that does not necessarily mean it has those characteristics. We speak of the soul in terms of amazement and awe, in that it can become all things, but this does not necessarily mean it can do all things.

The soul really only does one thing, it becomes aware of things, and that's all. Being that the soul is only an awareness, with no physical or energetic form, all it can ever do is become aware of things. The soul has no components for calculation, this is something of the physical world, and the soul is something that does not exist in space or time. So therefore it needs a brain to process information for it.

-k

Logged

November 21, 2007, 08:15:08 PMReply #20

`Nazukarr

Posts By Osmosis

Offline

631

Karma:

14

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Now, just for the purpose of clarification; are you essentially saying that this construct just kind of perceives and causes you to act based off of those perceptions, like instinct?

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"I am not this hair, I am not this skin, I am the soul that lives within."

November 22, 2007, 09:47:24 AMReply #21

Oriens Lvx Lucis

Posts By Osmosis

Offline

766

Karma:

-1

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Quote from: kettle

I could ask the very same question to you, what evidence do you have that the soul has any computing power at all?

You could, and subsequently I would be forced to admit that it is merely an opinion of mine based on experience; but then, you would not have answered my original question, which still stands. Pardoning the potential egotism of this statement; I indeed speak of the soul in awe and amazement because it is the harmonic reflection of the universe; the All in All in miniature form; the microcosm of the macrocosm. As well these are Hermetic and alchemical concepts, and being that I view each soul as the reflection of God (assuming the premise that said God exists) and is in fact a portion of undeveloped "God-ness" with individuality. Now, as my question still stands, and I have already admitted that my statements concerning the soul are merely convictions of my own devoid of visible proof; what evidence do you have to support the following statements:

Quote from: kettle

We speak of the soul in terms of amazement and awe, in that it can become all things, but this does not necessarily mean it can do all things.

Quote from: kettle

The soul really only does one thing, it becomes aware of things, and that's all.

Quote from: kettle

Being that the soul is only an awareness, with no physical or energetic form, all it can ever do is become aware of things.

Quote from: kettle

The soul has no components for calculation, this is something of the physical world, and the soul is something that does not exist in space or time. So therefore it needs a brain to process information for it.

I may be thought of as guilty of hypocrisy for asking for evidence when I do not have any, but the reason I am asking for it is because you have based the purpose of an educational article on these premises, so they should be at least proven. I can combat each of those statements with pseudo-logical explanations at all, such as the claim that the physical world is only one phase of density and that there are others like it, such as the astral world, or the causal world, where even greater levels of consciousness are attained than on Earth; or that the only reason that souls have various bodies is so that they have mediums to interact with a particular level of density (world or plane); or that there are entire spiritual hierarchies which plan out the evolution of the creatures of Earth, including humans which do not have bodies and can calculate such things fine without brains. But all of these things are, while sounding nice and at least partially rational at first completely unsubstantiated for the intents and purposes of this discussion. That leaves neither of us with definable or tangible proof of our statements. And again, the only reason I ask is because you have claimed something of the soul in an educational setting (in case you thought this was some sort of undermining ruse or attack on yourself).

Namaste

Logged
November 22, 2007, 12:00:26 PMReply #22
kobok
Tech Team
Posts By Osmosis

Offline

Veritas Council
5000
Karma:
174
Personal Text
Veritas Council
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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)
Quote from: Oriens Lvx Lucis on November 22, 2007, 09:47:24 AM
You could, and subsequently I would be forced to admit that it is merely an opinion of mine based on experience; but then, you would not have answered my original question, which still stands. Pardoning the potential egotism of this statement; I indeed speak of the soul in awe and amazement because it is the harmonic reflection of the universe; the All in All in miniature form; the microcosm of the macrocosm. As well these are Hermetic and alchemical concepts, and being that I view each soul as the reflection of God (assuming the premise that said God exists) and is in fact a portion of undeveloped "God-ness" with individuality. Now, as my question still stands, and I have already admitted that my statements concerning the soul are merely convictions of my own devoid of visible proof; what evidence do you have to support the following statements:

Perhaps this is a moot discussion, and it was simply an overly strong word choice when he said "no ability to process". Because in fact, technically, this article is all about providing one clear method by which the soul CAN go about processing the information, and therefore clearly it does not have "no ability" to do this. I believe what he actually meant is closer to "usually does not", which is justified by the observation that the brain serves the primary role as the agent for interpreting information for interaction with the physical world.

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November 22, 2007, 07:54:42 PMReply #23
Kettle
Teacher Emeritus
Veritas Furniture

Offline

Frequent poster

376

Karma:

20

Personal Text

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Quote

I indeed speak of the soul in awe and amazement because it is the harmonic reflection of the universe; the All in All in miniature form; the microcosm of the macrocosm. As well these are Hermetic and alchemical concepts, and being that I view each soul as the reflection of God (assuming the premise that said God exists) and is in fact a portion of undeveloped "God-ness" with individuality.

Well I can't really argue with a statement like this because we've run into a problem where we have two different definitions of the term soul. It's like my argument was "pie is bad tasting" and yours is that "pie is good tasting", my idea of a pie a block of wood covered in gravel, yours is mainly comprised of a fruit filling. Proper argumentation is impossible s we're talking about different things.

Quote

Perhaps this is a moot discussion, and it was simply an overly strong word choice when he said "no ability to process". Because in fact, technically, this article is all about providing one clear method by which the soul CAN go about processing the information, and therefore clearly it does not have "no ability" to do this. I believe what he actually meant is closer to "usually does not", which is justified by the observation that the brain serves the primary role as the agent for interpreting information for interaction with the physical world.

Yes, that is correct, I have overstated a concept. What I'm trying to say is that through the use of a brain, or in this case a construct simulating the function of a brain, a significantly better processing of the physical world can occur than by soul alone.

This is because (and Oriens Lvx Lucis I should think this would better answer your original question) the brain and body, being part of the physical world, adds two very important things. Firstly a sense of time, and secondly, a purpose.

The soul itself is timeless, cannot be destroyed, and has no reason that it would cease to be. It can observe entire lifetimes of people as a single event, regardless of start or finish. Distance is entirely meaningless to the soul, it can exist in multiple places at once.

So with all this, what possible reason would the soul ever have to care about the events, from start to finish, of the life of a single body and brain? Quite simply, if we didn't have a brain to limit us, and a body to make us fear pain and death we'd have no reason to experience the physical domain in a linear format.

-k

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November 22, 2007, 08:48:45 PMReply #24

Tankdown

Posts By Osmosis

Offline

871

Karma:

2

Personal Text

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

I'm going on a wild thought here, what if the soul is physical? I not saying it is, I'm saying if its possible while it maintains everything you say it has.

Judging from evidence I have seen no one can say anything.

I'm pretty sure this is not going to improve my image on a number of grounds. Still I think I should have say this.

Logged

To do, become -Myself

<---Little demon

November 22, 2007, 08:52:30 PMReply #25

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

kobok: You wouldn't know how to find that long and drawn out discussion of yours that

took place at the Psion Guild, eh?

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<http://www.thedivinescience.org>

November 22, 2007, 09:10:55 PMReply #26

Tankdown

Posts By Osmosis

Offline

871

Karma:

2

Personal Text

Hows my logic?

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Don't bother I seen it a lot...unless its something else new. So then I wouldn't have seen so, so sure show me.

Logged

To do, become -Myself

<---Little demon

November 23, 2007, 01:56:19 AMReply #27

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Quote from: Tankdown on November 22, 2007, 08:48:45 PM

I'm going on a wild thought here, what if the soul is physical? I not saying it is, I'm saying if its possible while it maintains everything you say it has.

Given the evidence, it does not seem possible for the soul to be both physical and have the observed properties. Materialists have repeatedly attempted to argue that it must be physical to satisfy their philosophical preconceptions, but there is no evidence to

support that viewpoint, and a substantial collection of evidence indicating that the soul operates at a conceptual level, rather than a spatial or temporal level. Observe evidence first, choose a philosophy second.

Quote from: Hech on November 22, 2007, 08:52:30 PM

kobok: You wouldn't know how to find that long and drawn out discussion of yours that took place at the Psion Guild, eh?

I believe it has been purged in a forum reset.

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November 23, 2007, 02:27:41 AMReply #28

Tankdown

Posts By Osmosis

Offline

871

Karma:

2

Personal Text

Hows my logic?

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Far that am I aware of kobok the evidence doesn't support it. From what I can see the evidence has been taken to a wrong form of assumptions and own speculations that been drove in a bad dead end. Now we can continue this talk like we have before (till I get myself up and ready) or just end this (I'll guess I'll be the first to walk away after this post). Cause were going to be go in circles

Shame on the lost....

Logged

To do, become -Myself

<---Little demon

November 23, 2007, 08:37:48 AMReply #29

Hech

Posts By Osmosis

Offline

Regular Member

1153

Karma:

15

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

Man Tankdown, you never cease to amaze me with how often you assume things and jump to conclusions O_o

Anyway, I'm fairly certain that you haven't seen the aforementioned thread. If you had, I'm sure you wouldn't be saying what you are saying, and the fact is, what you're saying simply isn't true. I can't reply with nearly as much effectiveness as kobok can, however, like in talking about the scientific data surrounding the idea of how much time and energy the physical brain would spend in trying to scan a target, so I'll just let him respond. Don't, however, just assume that you're right or that you'll go in circles and consequently miss an educational discussion.

Namaste

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Author Topic: The Secondary Cerebral Cortex of the Psion (by Kettle) (Read 28866 times)

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November 23, 2007, 01:30:44 PMReply #30

Tankdown

Posts By Osmosis

Offline

871

Karma:

2

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

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[To do, become -Myself](#)

[<---Little demon](#)

November 23, 2007, 01:43:11 PMReply #31

kobok

[Tech Team](#)

Posts By Osmosis

Offline

Veritas Council
5000
Karma:
174
Personal Text
Veritas Council
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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)
Quote from: Tankdown on November 23, 2007, 02:27:41 AM
Far that am I aware of kobok the evidence doesn't support it. From what I can see the evidence has been taken to a wrong form of assumptions and own speculations that been drove in a bad dead end.

Well, read more. :) Then you will be aware of more evidence.

I believe the thread Hech refers to is one in which I calculated for a materialist the level of both energy and computational power required to locate and identify a single target in any location on the planet. And in doing so I showed that this is unfathomably and astronomically beyond the physical energy level of the human body, and the computational power of the human brain. Material explanations are therefore quite ludicrous almost any way you look at it. Because such calculations are complicated to follow, I prefer to stick with the more straightforward explanations about the spatial and temporal independence of psi.

(Note, I deleted some posts. This is in the article section, so please try to keep the discussion on topic.)

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November 25, 2007, 08:43:59 AMReply #32
Kettle
Teacher Emeritus
Veritas Furniture

Offline

Frequent poster
376
Karma:
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Personal Text
Frequent poster

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Re: The Secondary Cerebral Cortex of the Psion (by Kettle)

I've made an edit to the 3rd paragraph of the article. Based on recent discussion, it needed it.

-k

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Construct Dynamics

Construct Dynamics

Introduction

In the physical world, the Industrial Revolution sparked a transition that took us in only two hundred years from pieces of metal attached to sticks, to instant global communication and the navigation of machines across other planets. The source of this change was ultimately a philosophical one, in which people began to more systematically use machines to build other machines. This article is about the application of this same philosophy to the art of psi.

I have often been asked why the system Dynamic Psi has the word "Dynamic" in it. The explanation goes deeper than it sounding good, and in fact, I selected the name of the entire system after the concept of construct dynamics. This article will only give a glimpse of what is possible, but I hope it to be an illustrative sample.

Constructs

Put simply, a construct is a conceptual structure which consists of an intent, through which psi energy flows, and which gives form and properties to that psi energy. In the most basic performance of psi, such as kinetizing an object, the psion forms an intent with the soul, which forms the intent as a construct in the conceptual domain. Then the psion sends energy into that construct, and actualizes it so that the intent manifests in the desired outcome.

Given this broad definition, constructs are not restricted to having a spatial form. As their primary existence is in the conceptual domain, the scope of what can be a construct is quite literally as broad as what can be clearly conceptualized. Because of this, constructs are able to take on very elaborate responsive and interactive properties, which leads us to the field of construct dynamics.

Construct Dynamics

Construct dynamics can be defined as the behavior and interaction of constructs, and its study and practice can enable us to engineer combinations of constructs which make possible things beyond what can be achieved with the strength of one will. I will begin by illustrating four principles:

- 1) Everything done with psi is done via the formation of constructs. Therefore the types of things a construct can do are identical to the types of things psi can do.
- 2) Constructs can form other constructs. As constructs are conceptual in nature, their interactive behavior can lead to the formation of new conceptual constructs.
- 3) Constructs can be responsive. As they can scan the physical world, they are able to respond behaviorally to any sort of event happening in the physical world. They can also respond interactively to other constructs, permitting a chain of events.
- 4) Constructs can be self-sustaining. A construct can be given the intent to continue in operation after the psion withdraws focus from it, and it will continue on the specified behavior until the behavior concludes (which may be never), or until it is dismantled.

Practice

The following exercises are not designed for a beginner, and will require an existing foundation of skills established by earlier psi practice including meditation, kinesis, and the basic formation of constructs. In each of the following exercises you will need to use good form for rigorous psi practice, including entering a deep meditative state and identifying your soul so that you can use it for the formation and manipulation of these constructs.

The goal of this sequence of exercises will be the creation of a physical object which you can use to facilitate the more rapid performance of psi. While it may take you some time to work through the initial exercises, you should begin thinking about what small object or trinket you want to imbue with this property.

Practicing the components

Energy creation

For the first exercise, you should practice forming a construct which creates energy. First discard any misguided notions you may have about the impossibility of creating energy. Psi constructs can do this with ease, and require only a straightforward intent to create energy. Practice making such a construct until you are able to use one to reach a well energized state, and keep a mental note of the successful construct that you make.

Responding to your attention

It is difficult to practice making a construct that performs an interactive behavior without also giving it some response to perform. So in this exercise you will form a construct which responds to your attention on it. Then, you will again form an energy creation construct. Then bring these two constructs together such that in response to your attention, the combined construct creates energy.

Active drawing of focus

Normally focus is the prerequisite of a psi practice. Here it is both the prerequisite and an additional end goal. First realize that you are simply one more thing that you can affect with your constructs. Enter a focused state as usual, but then create a construct that actively reaches out to you and draws you into a deeply focused and meditative state. You will want to program the construct to actively clear your thoughts, and to bring both your brain and soul into an actively focused mind. When it's working, you should be able to feel the construct actively pulling you into a more focused state.

Providing energy

Similarly to how you created a construct which drew you into a focus, you will want to practice creating a construct which creates energy, and then actively provides that energy to you.

Sealing for permanence

To make a construct "permanent", it only requires that you add an additional intent to it that it will be permanent. This will work as long as you have a clear conceptualized

intent for that permanence. The easiest way to do this is to first create the construct, and then merge the intent of permanence with it in a process called "sealing". After this, you carefully separate your focus from the construct so that you are no longer affecting or changing its form and function, which will leave it operating on its own. You can then reattach to a construct and dismantle it as easily as you made it permanent. Practice this process.

Attaching to an object

Attaching is the process of forming a persistent association between a symbol or a physical object and a specific construct. To attach a construct to an object, form the construct as usual, and then conceptualize it in the vicinity of the object. Then merge an additional intent with it that it remain attached to the object. Practice this with one of the constructs you practiced with already, and dismantle it when you are finished.

Creating the final object

You will attach two separate permanent constructs to the object or trinket you have chosen. One to actively draw you into focus, and the other to provide you with energy upon request. These constructs are complex, as are their descriptions. Read them several times through so that you fully understand the steps you need to take. Then take them one step at a time, and piece them together. The end result will be well worth it.

The focus construct

First form a construct that creates energy. Then create a construct that actively clears your mind and draws in your focus at all levels of your mind, as you did before. Merge these two constructs such that the construct creating the energy is powering the construct focus drawing construct. Then create a construct that responds to your attention on the physical object, and attach it to the focus drawing construct so that it draws your focus upon your attention on the physical object, using the energy from the energy creation construct to draw in your focus. When you have merged these, conceptualize the combination as a single focus construct, and attach it to the object you have chosen. Then seal the construct for permanence, and separate your focus from the construct.

The energy construct

For this one you will create a much larger energy creation construct. Do this by creating an energy creation construct, then using the energy creation construct to power your enlargement of it to a larger energy creation construct. Repeat this a few times until you reach the limit of what you can meaningfully manipulate. Take that large energy creation construct and attach it to a construct which will trigger upon your

attention on the energy construct, and on so doing, actively provide the energy to you. Note that in the previous focus construct, you set it to trigger upon your focus on the physical object. In this one, set it to trigger upon focusing on the energy construct, so you can achieve a focused state upon picking up your object, and draw energy only when you are ready to do so. When you have formed this merged construct, attach it to your object, seal it for permanence, and separate your focus from the construct.

Conclusion

If you have performed these steps correctly, you will end up with an object that upon putting your attention on it, it will actively draw you into a focused meditative state. This will enable you to rapidly enter a state suitable for performing psi. Then, upon forming an intent from this focused state, you can apply attention to the energy construct attached to your object, and rapidly attain a large amount of energy for powering your intent. This object can be a valuable asset for your later practices, and is a valuable tool for making more practical use of psi.

This approach is also designed to illustrate a more general principle of construct dynamics, which is that like in the Industrial Revolution, you can combine constructs in ways that are like conceptual "machines" with behavior that can facilitate the creation of even more complex constructs.

« Last Edit: January 09, 2014, 10:51:50 PM by kobok »

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January 13, 2014, 05:26:03 AMReply #1

YMI

A Veritas Regular

Offline

**

89

Karma:

3

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Re: Construct Dynamics

Dope! Love the idea presented here along with the actual Tech, first thought i had after reading halfway through was a psionic Solomon's ring. I had ideas about making a similar object but never as well thought out and described as this article. All in all i enjoyed this knowledgeable read, thank you.

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January 13, 2014, 08:04:36 PMReply #2

`Nazukarr
Posts By Osmosis

Offline

631

Karma:

14

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Re: Construct Dynamics

Thanks kobok. What are some relatively simple and useful constructs that are easy to create after mastering these?

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"I am not this hair, I am not this skin, I am the soul that lives within."

January 16, 2014, 10:35:05 AMReply #3

YMI

A Veritas Regular

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**

89

Karma:

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Re: Construct Dynamics

i assume the point is to let creativity take hold and become a "psi-engineer"

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January 18, 2014, 06:02:58 PMReply #4

kobok

Tech Team

Posts By Osmosis

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Re: Construct Dynamics

Quote from: `Nazukarr on January 13, 2014, 08:04:36 PM

Thanks kobok. What are some relatively simple and useful constructs that are easy to create after mastering these?

Constructs that perform healing, or maintain health, are generally of pretty good use. It can sometimes be difficult to do psi healing while sick. For this reason, it can be of significant value to merge psi healing constructs with some of the ideas described in this article, particularly responding to your attention, or perhaps a wearable object with a construct that activates upon being worn.

Another important class of constructs with many applications are self-replicating ones. This is a sufficiently complex topic that it warrants a lengthy description of its own, but in summary a self-replicating construct is any construct which can power itself, create a functioning copy of itself, and achieve some purpose. Constructs which can make new copies of themselves are a little complicated to work out, but they can often be used to great effect. For sensible function, it can be helpful to use some sort of additional coordinating construct which regulates the coordination of their combined behavior, such as when they should replicate, and coordinating their performance of the desired effect. This is a challenging class of constructs to design, and it requires practice to keep it all straight in your head. But there is significant benefit to working in this direction, as there is a great deal more that can be accomplished with hundreds of thousands of constructs acting in unison than with a single mind asserting its raw will.

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March 14, 2014, 06:09:39 PMReply #5

Aspices

Settling In

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*

32

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Re: Construct Dynamics

I have a interesting experience to relate, I used the construct in making the construct. I got the idea from the article about retroselection. I have noticed that simply from having used it a few times, I had a tendency to be less distracted. I was also hoping to inquire about the Dynamic Psi ebook you have been working on, since the last Psi study group was a bust.

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March 15, 2014, 09:27:19 AMReply #6

kobok
Tech Team
Posts By Osmosis

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Re: Construct Dynamics

Quote from: Aspices on March 14, 2014, 06:09:39 PM

I was also hoping to inquire about the Dynamic Psi ebook you have been working on, since the last Psi study group was a bust.

Yeah, it's still in progress.

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May 30, 2014, 12:03:08 PMReply #7

Messiaen

Settling In

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*

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Re: Construct Dynamics

Thanks for this informative post. I really learned much from it.

Greetings,

Messiaen.

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Playful Psychic, Preparation (by Skywind)

Playful Psychic, Preparation
by Skywind

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Preparation

Practical Psychic provides a concise, realistic method of learning psychic abilities. It uses short, simple techniques, without rituals, objects, intense meditation, or particular religious beliefs. All it requires is confidence and practice.

Fear and Belief

Belief is Necessary

"Do or do not. There is no try." Yoda never explains, but his quote is accurate. This section will explain what he did not the reasons belief is important and how to achieve it.

Belief is a requirement for learning psychic abilities. If you believed touch typing was impossible, and so you wouldn't even put your hands on the keyboard, you wouldn't be able to learn it. Well-informed belief is best. Read research, case studies, stories, and if possible talk with people. Learn about the psychic abilities that have already been studied, proven, and understood.

As you research, you will be more enthusiastic and interested in practicing. You will trust yourself more. This keeps you more relaxed and make practicing easier. It improves your concentration, your focus, and your accuracy.

This chapter contains worksheets to help you understand your beliefs and become comfortable with psychic abilities. Consider each question carefully, and

notice your reactions. The first worksheet, just below, is to help you recognize your past experiences. Your experiences shape your expectations and influence your beliefs and knowledge.

Quote
Preparation Worksheet: Past Experiences

Yes/No

Have you had a psychic experience?

Have you had a lot of them?

Have you participated in psychic ability experiments?

Have you read case studies of psychic people, or experiment results?

Have you read any other books describing psychic experiences?

Do you believe psychic abilities exist?

Skepticism

Critical analysis and doubt have their place that is, laboratories, not classrooms. Skepticism is not specifically disbelief. It means uncertainty: "Skeptic, n.: One who is yet undecided as to what is true; one who is looking or inquiring for what is true; an inquirer after facts or reasons." (Webster's Dictionary) Taking a realistic view in experiments is useful. Uneducated disbelief is not useful. Fanatical disbelief is as illogical as fanatical belief. Experiments are meant for learning what is true. A person can't learn the truth if he or she has already decided what that truth must be.

However, new skills practice is not the time for experiments. The skills must be learned before they can be tested in a controlled situation. If a person were testing to prove whether any human could type 80 words per minute, he or she wouldn't start with people who couldn't type at all. Choosing people who had been typing for many years and already typed quickly would be wiser. Similarly, it makes no sense to try to prove psychic abilities in people who have not practiced with them. People need to learn first, and then they can test the skills later.

Recognizing Doubts

If you have some fears about learning psychic abilities, you're not alone. Most people are nervous, doubtful, or outright scared when they first consider learning the abilities. Spend some time understanding those feelings and discovering which ones are unreasonable.

Quote

Preparation Worksheet: Fears

Mark each sentence that describes your thoughts.

Psychic abilities don't really exist. People can't really do that.

Even if psychic abilities did exist, only a few people have them. I'm not special. I can't possibly do it.

Psychic abilities are just too weird. I can't think about that.

If psychic abilities existed, I would have to change my beliefs about the world, and my stability would fall apart.

If I try to gain psychic abilities, I might lose control of them and hurt someone.

Spirits or evil creatures might attack me or possess me.
I don't like who I would be if I could use psychic abilities.
Psychic abilities are scary.
Meditating and the feelings I get using the abilities are too deep; I'm scared I might lose control of myself.
I'm a little worried, but I'm not sure why.
I'm not worried; I'll learn some abilities and be safe.
Psychic abilities would be very fun to play with if I could learn them.
I already use them a lot; they're a normal part of life.
I'm not sure how I feel about psychic abilities.

Challenge Statements

Each time you find yourself feeling bad or scared, give yourself a pep talk. Explain why the worry is unrealistic. Some examples are given here for the fears listed in the worksheet. If you have a fear that's not in the list, research it. Decide whether it's realistic and useful to keep, or whether you want to challenge it.

Psychic abilities don't really exist. People can't really do that.

Psychic abilities do exist, and have been proven scientifically. This isn't fiction or fantasy; it's here and now, in this world.

Even if psychic abilities do exist, only a few people have them. I'm not special. I can't possibly do it.

No correlation has been found between psychic abilities and anything else yet. Anyone could have the ability, and quite possibly, everyone does.

Psychic abilities are just too weird. I can't think about that.

Why are they weird? They've been a normal part of being human for thousands of years. We've just ignored them out of fear of the unknown. If we learn about them, then they become known and normal, and they aren't scary or weird.

If psychic abilities existed, I would have to change my beliefs about the world, and my stability would fall apart.

Changing one belief, or even several, won't shake me to pieces. Disbelieving is superstitious. Psychic abilities have existed at least as long as humans have, and the world is fine. Accepting reality won't hurt me.

If I try to gain psychic abilities, I might lose control of them and hurt someone.

Psychic abilities can only be gained a little at a time. I can stop at any point and wait

until I feel okay about it before moving on. They are within me to control. Just like I control my daily reactions to people, I would be controlling psychic abilities. I m no more dangerous than I would otherwise be.

I don't like who I would be if I could use psychic abilities.

I would still be myself. Who I am is not determined by what I can do. I would be the same person I am today, and the same person I've always been. I would just have a new skill to play around with, and use in the ways that I feel are appropriate and right.

Psychic abilities are scary.

Psychic abilities are only scary because I haven't learned enough about them. Any ability I gain is within my power to control, and since I am in control of it, it can't do things I don't want it to. It wouldn't be scary if I let myself learn more about it and consider it okay.

Meditating and the feelings I get using the abilities are too deep; I'm scared I might lose control of myself.

I can stop at any time. My mind and body are under my control. They can t do anything I don t let them do. I let go of control every night when I sleep, and I don t have any problems then. If I go too deep into a trance, I ll just fall asleep. No spirit can affect my body without my permission. I am totally safe, because my subconscious keeps protection around me at all times.

Unfamiliar Feelings

When you ve challenged the fears, and you ve started learning psychic abilities, there are many new feelings you may encounter. Although they feel unfamiliar, they are still safe.

As you fall asleep, or as you start to go out of body, you may feel for a moment like you are falling. This is a common feeling that is the result of your mind relaxing and letting go. Many people experience this feeling. It may interrupt your concentration, but it has no other effects.

Meditation can also feel different. It may feel like a deep daydream. Your body may feel like it s buzzing once you relax physically. This is due to your blood flow increasing, just like it would after exercise. It s a normal part of relaxation. Your body temperature may go down a little, making you cold. This, also, is a normal part of relaxing. Take a blanket if you tend to get cold.

As you practice any abilities, you may notice feelings in your head and forehead. This is because you are concentrating on those areas when you use the abilities. Relax,

massage your face a little, and the feelings should be gentle. If your head hurts, you're probably tensing your muscles and giving yourself a headache. Relax and take a break, and then try again without getting tense.

Trusting your feelings and avoiding fear takes time. Repeat the challenge statements every time you notice disbelief or fears. You must convince yourself that you have as good a chance as anyone at learning the abilities, and that it is possible to learn them. You are just as good as anyone else. Practice, practice, and keep practicing. Stay enthusiastic and relaxed, and you'll make fast progress.

Religion

Psychic experiences may shake up your religious beliefs. They give you a new perspective on the world. Much more is possible than you may have previously believed. Religious beliefs will influence your skill development. If you believe most of the skills are evil or wrong, you generally won't want to learn them, or may have trouble with them. It's important to recognize what your beliefs are related to the topics in the worksheet below.

Quote

Preparation Worksheet: Religion and Beliefs

Yes/No

Are psychic abilities are related to religion or spirituality?

Are the ethics an important topic to you?

Is your religion's view of psy important to you?

What is your religion's view on psychic abilities?

They don't exist.

They exist, but only special religious officials have them.

They're evil/satanic/demonic/dangerous.

Neutral - it doesn't say anything about them.

They exist in some special people.

They exist in everyone.

Everyone can and should develop them.

Do you believe that you personally can learn and use psychic abilities? ____ Yes ____
No

Ethics

As with any skill, you will want to consider the ethics of psychic ability use. Psychic skills can be used in a variety of ways, almost invisibly to the general world. Psychic skills are not good or bad, just as any type of skill can not by itself be good or bad. Certain uses of the skill can have good or bad consequences, however. The question I consider when determining the ethics

of a situation is, "Would this be ethical to do, if I used a non- psychic method to achieve it?"

Of course, that question does not give a clear answer in all cases. You will need to decide for yourself if what you choose to do is appropriate to your beliefs.

Aura vision helps healing abilities, empathic understanding, and deeper spiritual caring. It leads to a deeper understanding of human actions and relationships. Telepathy, empathy, clairvoyance, and other information skills help you understand events, relationships, and human life. A healer can help people accept and love each other, work out difficulties, and solve difficult interactions in creative and helpful ways. The abilities also simplify everyday life by giving you extra information, which helps you make wiser decisions.

Belief Systems

When you begin psychic skill development, your first few experiences will probably change your beliefs. A world that seemed stable, measurable, and known, suddenly has mysteries at every step. Your beliefs, habits, and interests may all change suddenly. Your restrictive beliefs fall apart, and beliefs that are more realistic replace them.

Experiences that shake up your ideas can certainly be scary at first. That doesn't mean they're dangerous. Learning the truth is useful, and there's no need to fear it. Trust the change without feeling threatened. Your new abilities are simply giving you extra information.

Sometimes this feels like being a toddler, just beginning to explore a vast world of new things. You will need something stable and safe to return to after a bit of exploring. Choose a special place or routine to return to each day. Lighting a candle to relax for a few minutes each night is one routine. Familiarity provides security, safety, and relaxation after a very intense period of learning.

Perceptions

Your perceptions will change along with your beliefs. Energy flows, emotional relationships, and spiritual interactions between people appear much more visibly. Humanity and philosophy may become more important. Astral projection and out-of-body experiences sometimes accompany this. You may have more interest in spiritual values and ethics. You'll also continue to gain perceptive abilities.

Some of this may be uncomfortable because it's unfamiliar. You can work through

those discomforts once you realize you have them. The worksheet below will help you identify your comfort zone. You may have trouble learning abilities related to uncomfortable or scary experiences. Once you know what scares you, consider whether it's realistic, and challenge any unrealistic fears.

Quote

Preparation Worksheet: Comfort with Encounters

Yes/No

Are you comfortable with:

Perceptions

Feeling ghosts are nearby but not seeing them?

Seeing ghosts?

Feeling auras touch you?

Seeing auras?

Knowing what happened in a room?

Getting visions of an object's past by holding it?

Knowing what might happen tomorrow?

Being directed to do things?

Being talked to by spirits or other creatures?

Alterations

Changing how a plant grows by feeling kind or unkind to it?

Causing dice to roll differently?

Accidentally causing electrical equipment to break or behave strangely?

Causing lights to flicker?

Causing time to slow down or speed up slightly?

Accidentally or purposely, making small objects levitate?

Accidentally or purposely, making large objects levitate?

Accidentally or purposely, causing scorches or small fires?

People

Feeling other people's emotions?

Hearing other people's thoughts in your mind?

Knowing personal information about a stranger?

Causing other people to feel your moods and hear your thoughts?

Knowing someone dislikes you, although they are polite?

Knowing someone is lying to you, although they aren't showing it?

Feeling the presence of every person and animal in the room?

Knowing when someone is about to get hurt?

You may find that after a period of practice, you develop several new skills at once. Then you have some time to work with them and gain comfort before another set of skills begins to develop. Skills tend to develop in waves. Practice will improve your psychic interactions, auras, and perception of events at a distance.

As you perceive and work with the psychic energy around you, you will have an increasingly strong effect on people. They will notice and consider more seriously the things you do. You may re-evaluate your beliefs to make decisions on your interactions with other people. You may reconsider your place in learning from and teaching.

Setting Goals

Many students know they want to learn, but they aren't sure where to start or what interests them. Psychic abilities are quite varied, but fit into two basic categories, perceptive and alteration.

Perceptive

The most common type of psychic ability is perception of information. Empathy, telepathy, precognition, remote viewing, aura sight, seeing ghosts, knowing about illness or injury before it happens, reading cards, telling fortunes, recognizing disease, perceiving energy, and predicting dice rolls are all perceptive abilities. Many people have experienced these abilities at least once, but may not talk about them for fear of ridicule.

Alteration

The other type of ability is alteration: abilities that directly cause a change in the world. Telekinesis, levitation, healing, telepathic commands, empathic projection, teleportation, helping or hurting a plant's or animal's growth, and directing energy are alteration or projection abilities. Fewer people experience these, but the abilities are still somewhat common.

Quote

Preparation Worksheet: Goals

What kinds of results do you want?

Understanding of psychic abilities or a specific experience

Gaining understanding of life and this world

Proof of psychic abilities existing, or of my own psychic abilities

Better understanding of people and spirituality

Other

How long are you willing to wait for those results

A day to a few weeks

A month or two

As long as it takes

Look through the table of contents. What skills do you eventually want to learn? Why?

As you look at your plans, how do you feel? Are you excited about the skill you're going to learn? If you aren't excited, you may have trouble staying focused. Choose what interests you. What would be most fun and exciting to learn?

Dedication

You've decided which skills interest you. You've determined how patient you will be while learning them. You've considered whether to seek a teacher. You summarized your interest in the worksheet.

Any time in the future that you feel like quitting, or get discouraged, come back and reread this. Maybe your reason for learning abilities will change. Maybe your patience isn't as good as you thought. Maybe you will need more help from other people. Changing your mind is fine. Over time, you'll learn more about yourself. This worksheet may provide the reminder you need to stay motivated through the tough spots.

Choosing a Teacher

Teacher/Student Interactions

This section investigates your learning personality. If you choose to work with a teacher, these things are important for the teacher to know. If you are working alone, you should still understand them so you can work past any difficulties.

Learning from a Teacher

A teacher can help starting certain abilities and increasing your control of them. With patience, you can learn the abilities even without a teacher. Most practicing will happen at home without teacher supervision.

Students are responsible for practicing, recognizing their own styles and feelings, and choosing which abilities to develop. The teacher may suggest that you improve certain abilities before learning others, because the basic skills generally need to come before the more complex ones.

Some expectations of teacher/student relations are reasonably normal. Others are unreasonable, because they require the teacher to do the impossible, or because they are an unnecessary drain on the teacher's time. The lists below explain some common expectations and which are acceptable.

Quote

Preparation Worksheet: Personality, Frustration, and Guidance

How easily frustrated are you?

If I can't do it the first time, it's not worth the effort.

I'll try a few times.

I sometimes get frustrated, but I keep trying. I'll figure it out eventually.

Things worth learning are worth practicing. When I want to learn something, I don't care how long it takes. I keep trying

How much guidance do you want?

I want a lot of instruction and guidance.

I like to do things by myself.

How much do you want to control what you do?

It'll happen on its own.

I'd like to be able to guide it a little.

I'd like control of some of my abilities, so I can use them when I need them.

I'd eventually like to control all my abilities, but they can still happen on their own.

My abilities should only happen when I specifically try to make them happen.

I want to understand every detail and control everything about it happening.

What do you want from a teacher or book?

General information

Things to try

Advice on difficulties

Advice on how to learn

Someone to understand me

Someone to explain my experiences to

Someone to help me understand my experiences

Reasonable Expectations

Teacher provides information, answers questions, and solves problems related to learning the skills.

Teacher psychically observes student progress, and points out strengths and weaknesses.

Teacher uses own aura and energy to assist student or psychically point the way.

Teacher shows consistent control of own abilities in the areas being taught.

Teacher and student respect each other's beliefs and communicate kindly.

Student practices regularly and sincerely.

Student has questions or goal for each practice session with teacher.

Teacher answers students' questions about own teaching history, skill levels, and specialties.

Teacher provides help finding information on subjects beyond own ability to teach.

Unreasonable Expectations

Expecting the teacher to provide relationship, money, or life advice

Expecting the teacher to demonstrate skills that the student is unwilling to learn

Expecting the teacher to be perfect

Expecting the teacher to teach when tired, distracted, or busy

Expecting the teacher to start with a flashy, showy ability such as telekinesis

Expecting the teacher to teach an ability he or she hasn't learned

Your Strong Sense

Visual/Audio/Touch/Intuition/Empathy

Everyone prefers one sense out of sight, hearing, touch/feeling/emotion, and intuition. When you receive information psychically, you perceive it through your favorite sense.

If you are a visual person, you will receive mostly images. If you understand more easily through hearing, you will hear voices or words telling you the information. If you learn more through touch, you will feel yourself in the situation. You may also be an intuitive person who simply knows the information without it taking any specific form.

Regardless of your strength, you will probably receive some information in every form, so be open to all of it. You will receive information best when you open all psychic senses.

Recognizing Each

Visual people prefer a variety of sights and colors. They prefer pictures full of meaning, written directions and maps rather than verbal instructions. Visual people say "show me" rather than "tell me." They are able to imagine vivid pictures and scenes. They may imagine colors and pictures when listening to music. They also read books by picturing scenes more than by hearing the words in their heads.

Audio people are drawn to a variety of sounds. They consider music and speech important. An audio person asks to be "told" directions and may spend much time on the telephone. They can get more information from listening to someone talk than from reading about a topic. If they do read, they may whisper or hear the words in their heads as they read.

Touch people are drawn to textures, crafts, and other people. They enjoy working with their hands and are often very good at it. They may learn massage techniques or sports early in life. When reading, they may follow the line with a finger to keep their place. They care about temperature and textures. When

they shop for clothes, they care most about the feeling of the cloth.

Emotional/empathic people do something because it feels right emotionally. They are able to sympathize very well with friends in any emotional situation. Friends who are not feeling well may depress them. Likewise, if they have friends who are feeling good, they will tend to feel good also. They understand others' situations by feeling those emotions themselves. Some emotional people are also touch people.

Intuitive people often act on impulse, doing something because they know it is right. Intuitive people know unquestionably that their choices are right, but may not be able to explain why. Their information appears as sudden inspiration, but it doesn't last long. They enjoy games of anticipation, because they have just enough knowledge of what is coming to do well in them.

Regarding This Book

This book uses "picture" and "visualize," visual words, to describe imagination. If you are not a visual person, use mostly your own sense. Also, deeply involve as many senses as you can, so that the images are complete. That way if some of the information gets lost, there is still information left.

Learning Process

Overall Process

Learning any ability is a step by step process. Choose a skill, try it once, repeat until you are doing it properly, and then practice, practice, practice.

Practicing helps you remember how the skill feels. If you practice riding a bicycle, you learn how it feels to pedal, where your feet go, how to steer, and how to stop. Bicycling feels unfamiliar the first time, but after you do it many times, it gets easier. After a few weeks, you can get on a bike and ride down the road without thinking about how to steer.

Psychic abilities improve with practice just the same. You may feel awkward at first, paying attention to many details while you practice. With time, they will get easier. Learning a psychic ability involves remembering how it feels to use it. Once you know how it feels, you create that same feeling later to use the ability again.

Make it Happen

The first step of learning a new psychic ability is the hardest: making it happen once. To remember what it feels like to use the ability, you have to use

it once. Most abilities will occur instinctively in day to day life. You just have to watch for them, and notice when they happen.

Pay attention to subtle thoughts and gut feelings. If you feel you should take a different route to work or school, take it, even if you aren't sure why. If you get a vision of a speeding car as you near an intersection, wait a moment to see if one passes by. When you notice yourself worrying about someone, give him or her a phone call and ask how things are going. Respond to the intuitive thoughts you have. This encourages them to happen more often and encourages you to notice them sooner.

Read about the abilities you want to learn. Gather information on how they work. Notice when they happen, who uses them, and what effects they cause. Read experimental studies of them, especially any with successful results. Daydream about using them, and consider ways to practice them every day. What fun things would you use them for? Thinking about using them will encourage your subconscious abilities to show up more often.

As you think about the abilities and watch for them, you will begin to notice them occurring throughout your normal daily life. When they happen, notice your mood, surroundings, thoughts, feelings, and activities. Remember exactly how you felt just before they happened.

On and Off

After you have an ability occurring "randomly" throughout the day, you will want to learn more control. Start out by trying to make it happen on cue. Recall how you feel just before an ability happens. Try to feel exactly the same again. Don't try too hard; if you were relaxed the first time, you need to stay relaxed and calm again.

Learn to turn the ability on and off like a light switch. You may not yet be able to control it when it's on. Just practice turning it on and off. Become open to it happening, ready to receive intuition, or whatever the ability requires. The important part is being able to remember and cause the same feelings and thoughts. When you can turn on the ability a few times each week, without too much hard work, you're ready to learn more control.

Direct Toward Goals

You've found an ability, and you can turn it on and off. Now, you want to make it useful direct it toward a particular goal. This can mean receiving psychic perceptions, causing something to occur, or whatever. Choose the goal you want. What is this ability to be used for? Just as you thought about the ability to turn it on and off, now think about and focus playfully on your goal. What do

you want to have happen?

Keep the same feelings you needed to turn on the ability. Stay in the same mood and same thoughts. Gently direct your thoughts to the goal. Visualize it as strongly as you can. Feel it, see it, hear it, touch it, smell it, taste it. Involve all of your senses, and focus on it. If you feel your mood change, guide it back to keeping the ability turned on.

If you don't get results after a few minutes, stop, relax, and try again later. Results may not happen until you try many times. Sometimes you may find that as soon as you quit trying, it works. This means you were working too hard at it the first time. Stay relaxed and playful. If you aren't having fun, you aren't going to make progress!

Practice

Life is exciting you made the ability work! You've gotten noticeable results once or twice, and you want more. Keep trying the same way you have been. Notice what works and what doesn't work. Where are your inaccuracies? Are some of your perceptions symbolic, instead of realistic? Do you consistently mistake a telephone pole for a pencil? How do you feel about the things you get right or wrong? You will probably feel some differences in your incorrect perceptions. Aim for what feels right, and remember carefully how it feels.

Don't judge your results while you are still trying to receive. This will usually cause incorrect results. Receive everything and, if necessary, write it down so you don't forget. Stay open to all the perceptions, no matter how strange they seem, until you are fully done (usually 2-10 minutes). Don't let yourself give up early; stay confident and enthusiastic, even if you think all of it is wrong. You may be surprised at the results.

Keep a journal of your perceptions. Any time you have a chance to confirm or disprove something you received, write it in. You'll learn more from your mistakes than from your successes. Your mistakes show you what to improve and help you learn how to do it. With practice, you may be able to receive details with about half or a little more of the details being totally correct. Sometimes they may all be completely correct.

Practice, practice, practice. Stay relaxed and have fun; find games to practice with daily. Use the skills every time you get a chance. If you can find an interested friend, talk about your experiences. No matter what, don't give up! I took nearly 20 years to learn one particular skill but I did eventually get it. Most skills will only take a few weeks or months, but even if they take longer, just keep trying. Practice and play!

Atmosphere

Effects of Fear

Seances, fortune tellers, and ouiji boards brings to mind dark rooms, candlelight, and a distinctly spooky mood. Telling ghost stories around a campfire brings up similar feelings. You may feel scared, excited, or paranoid after a few such stories. You may feel the world is magical and different for a few minutes.

Atmosphere and mood contribute to the experience. They direct your feelings and perceptions in a particular way, to enhance the story. A spooky mood may help or harm, depending on your intentions. Watch how mood affects your psychic perceptions, and learn how to use it to help get the results you want.

When you are scared, you spook easily, jumping at the slightest sounds. Your heart races and everything that moves seems threatening. This is a normal reaction; it kept us alive centuries ago in the wilderness. It still helps us now to react to balls flying at us.

However, your perceptions are sometimes inaccurate when you are scared. You perceive and react quickly, but your perceptions may not be correct. That creak wasn't the sound of an intruder; it was the house settling. That shadow wasn't a bat in the house; it was only a curtain flapping in front of a fan. The movement in the corner of your eye was your own reflection in a mirror. Because you are scared, the things you perceive will tend to be scary.

For accuracy and concentration, you may want to avoid spooky settings when trying to use psychic abilities. You'll have enough doubts, fears, and new experiences to deal with. Once you are more experienced, you can use a spooky mood if you enjoy it. For now, if you get scared, your psychic abilities may perceive scary things. If you stay relaxed, you will tend to perceive more objectively.

Mood as a Tool

Some moods are useful tools to enhance your psychic practice sessions. A relaxed, contemplative, quiet mood works best to begin with. It should feel slightly dreamy, or romantic like a plush room with candlelight. It will take you away from your daily worries. It will let you focus more completely on what you are practicing. Feeling a bit new and strange is okay; it'll help you focus as long as it doesn't worry you.

Create a Mood

Choose a mood to create, and think about how to best create it for yourself. Do you want candles or dim lighting? Do you want a soothing bath first? Do you want special music? Will it be energetic and playful, or quiet and soothing? Choose a time when you can be alone for an hour, and decorate a room for your mood. Set up lighting, music, a fan, soft blankets, a bed sheet tent, or anything that will help the mood. Spend at least half an hour relaxing in it. Learn how it feels to be totally immersed in that mood. Let the world fall away, daydream, and enjoy.

Practice setting up moods for yourself before you practice any psychic abilities in them. They will help you feel secure and stable while you practice. If you feel best in the middle of a sunny field in July, the field is as good a place to relax as any other. Lighting level only matters in how relaxed you feel. Having practiced with various moods will help you be familiar with various states of relaxation. Familiarity helps you be comfortable and more confident, and confidence improves your ability to learn.

Some moods to consider experimenting with are quiet, deep, trance-link, fluffy, light-headed, relaxed, contemplative, inquisitive, hypnotic, ritualistic, and playful. All of these can be used with other people involved, also. Cooperative, interested people will make the mood much more intense, if they are respectful rather than intrusive.

Drugs

Recreational drugs are sometimes used to set a particular mood. They do not help people gain controlled use of psychic abilities, however. If they do open the abilities at all, they do so wildly and without giving the person time to learn proper control. They can cause terrifying experiences, without any of the long-term practice needed to understand what's going on.

If you're already using such drugs, nothing I say will make a difference. However, don't start using them as a shortcut to psychic abilities. It would be like jumping off a cliff instead of climbing down the rope; you might get to the bottom, but it wouldn't necessarily be comfortable. Anyone can learn these abilities, completely safely, in only a few months. It's not worth risking your health for a shortcut that may not even give you the experiences.

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Playful Psychic, Preparation (by Skywind)

This is the original content. Skywind said, ``Some day in the future I hope/plan to rewrite the entire thing with knowledge and skills I've gained in the years since. But I won't have time for that for many months yet, so it stands as is." I'll let you know if she sends us any new material like this.

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Re: Playful Psychic, Preparation (by Skywind)
what skills are shutdown and grounding? I've never heard of them.

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May 12, 2007, 11:10:33 AMReply #4

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Re: Playful Psychic, Preparation (by Skywind)
Shutdown refers to closing your chakras and rebalancing yourself.

Grounding is to balance your energies with the universe (or Earth).

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Playful Psychic, Basic Skills (by Skywind)
Playful Psychic, Basic Skills
by Skywind

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Shutdown

Definition

Shutdown means stopping all psychic activity, totally but temporarily. Closing all psychic perceptions lets you stop to understand what you have experienced. It helps you recover from emotional surprise or shock and return to reality.

When psychic experiences frighten you, take a step back and relax. Breathe. Consider whether you really need to shut down, or whether you'd do better to think things over. Shutting down means you will have to completely stop thinking about what happened. Sometimes this may not be helpful.

If thinking about the experience bothers you too much, or makes your energy feel bad, go ahead and shut down for a while. If, instead, you can stop using the ability for a few minutes, sit back, and think, do that instead. Shutting down all abilities is an extreme step. It can always be reversed, but it will take some effort to open again. The section on personal changes discusses frightening experiences in detail.

Shutting Down

Shutdown happens when you focus all conscious thought toward the physical world. Become involved with other people, being social and discussing fun

things. Do physical activity; walk around, stretch, jog, or do anything else that makes you more aware of your physical body. Let thoughts of the psychic experiences float away like a dream and stop worrying about them. If you like games, programming, writing, art, etc., do that. Do anything you can think of to keep yourself occupied, without memories of psychic experiences distracting you from it.

Returning to Psi

When you are ready to use psychic abilities again, start opening your perceptions as you would when you first practice any psychic ability. You can do this at any time, whenever you are comfortable and ready.

Dealing with Shock

Information and new experiences can be frightening. Try to find someone you trust to discuss things with. Realize that some of your perceptions may be inaccurate, especially if you were scared when you started.

If the perceptions really are true, what's the absolute worst that could happen? Is the worst something life threatening? How likely is it to be true? How reasonable is it? If you received information about a person, is it something you have to tell them? Would they believe you, or would it be better to wait and see what happens?

Common Problems

Q: I can't stay shut down.

A: Concentrate on the physical world. Don't let memories distract you. Do something fun and involving, like watching a movie or reading a book. If you're curious about your experiences, you may be too interested to ignore them. Make sure to stay as relaxed and calm as possible. If you feel insecure, try creating a shield instead.

Summary

Ground and Center

Relax, and focus on something fun

Success

You can stop psychic ability use when you choose to.

You can restart psychic ability use when you choose to.

Grounding

Definition

Grounding connects your energy to the earth in a stable, secure way. Ground to get rid of unwanted energy and take in clean, balanced energy. When you are well grounded, drawing energy through yourself is easier. Any time you are working with energy, grounding makes it easier.

Letting Go

First, let go of all the tension you can, relax your shoulders, calm yourself, and focus on what you are doing. Bring your attention to the current time and place. Let all the active energy you have release, and any that you don't want drain down off of you into the earth. Slow down and take a deep calm breath.

Anchoring

Extend your own energy down into the earth while keeping it also connected to you. Feel your energy as streamers or roots extending deep into the earth, as anchors. These roots balance your energy, so you're not dizzy, and they give and take energy to keep your overall level steady. When stressed, you may not anchor very well. Ground and stabilize your anchor to reduce the feelings of stress.

Releasing Negativity

Drain your unwanted energy down through the anchors into the earth. The more strongly you anchor, the better your energy balance will be. More energy will flow through you smoothly, without feelings of tightness or nervousness.

Common Problems

Q: I just don't feel anything when I try to ground. Am I doing it? What's happening?

A: Make sure you are relaxed, not scared, and not feeling defensive. Gently and playfully, reach toward the Earth with your feelings. If you are tense or scared, you won't connect with the Earth very well. If you feel defensive, you will hold your energy in and stop it from flowing to the ground. You must share your energy generously with the Earth, and accept its energy connection to you.

Q: I am relaxed, and I think I might have grounded. How do I know if it worked?

A: Trust yourself. Look at how you are feeling. Do you feel connected and stable, or dizzy and uncertain? When you are strongly grounded, you will feel

more confident and calm. Trust what you feel.

Q: I can ground for a moment, but then it slips away. How can I keep it there?

A: Practice. Notice how you feel when you are grounded. Then notice how you feel just as it starts to slip. Focus on staying stable and letting lots of energy flow between you and the earth. As you start to feel grounded, slide in deeper and more stable. Stay relaxed; don't let the excitement of success stop you from enjoying the feeling and staying grounded.

Summary

Let go of old energy and tension

Anchor to the ground

Balance your energy

Success

You can feel when you are grounded or not.

You can ground when you decide to.

Your grounding is stable, strong, and relaxed.

You can stay grounded for at least 5 minutes comfortably.

Centering

Definition

Centering means finding your own identity and essence. This is you, separate from the influences of societal expectations and pressures. It can enhance shielding or make them unnecessary. It allows you to perceive energy clearly. It keeps you emotionally stable as you encounter new things.

Finding Center

Finding your center will be easiest when alone. Find some quiet time, where you can be alone for at least 30 minutes. Do what you can to prevent interruptions. Turn off the TV, radio, etc. Turn off the telephone ringer and let an answering machine answer instead.

Sit quietly for a few minutes, just breathing and noticing yourself. Pay attention to how you feel and why. Let each feeling surface and then pass on without judgement. Recognize your stream of thought and let it flow. Notice how your body feels and looks, and any tension you are carrying. Notice your daydreams, ideas, and everything that is a part of you.

Also, notice anything you are feeling that may be imposed on you by others.

Look for tension, pressure, or expectations. Notice how you have reacted to them, and what your feelings are in response. There's no need to change anything unless you want to. Just be aware of these things. Consider the things you want separate from the things others want for you.

As you do this, you will get a stronger feeling of yourself. With time, you'll recognize more quickly what is a part of who you are, and what is temporary or societal. This will help prevent empathic flooding, and increase control of energy work you do.

Staying Centered in Crowds

With practice, you will be able to pause for a few seconds to center yourself in almost any circumstance. If you tend to be susceptible to empathic overload, staying centered in crowds will reduce the flooding. It may take practice to get good at, but will help significantly.

You may find that you have trouble staying centered around certain people. Their pushiness, their ideas, and their feelings overwhelm you. When you notice this happening, strengthen your grounding and centering. Stay as strong, stable, and calm as you can. Once you learn to shield, you may also want to add a shield around yourself. The shield will keep your energy separate from theirs, and give you more distance from them. The section on shields discusses this in more detail.

Common Problems

Q: I try to find center, but I'm not sure what's me. How do I figure it out?

A: Spend several hours, or if possible, a few days alone doing hobbies. Read a book, or do any activities you enjoy. Creative or imaginative activities are the best. Look back over photographs of your childhood or the past few years. Look around your home at the things you own, and consider why you chose them. All of these things help you feel yourself. Make sure you get plenty of time alone to daydream and think.

Q: I start to find center, and then I lose it again. I can't stay centered for more than a minute or two. Every time I go where someone else is around, I lose it. What should I do?

A: Start out by centering for a long time while alone. Practice that until it feels comfortable and familiar. Watch out for getting too involved in other people's emotions. Make sure you recognize and understand your own emotions thoroughly. Remind yourself of what is you when you are around other people.

Summary

Ground your energy.

Recognize yourself and your thoughts

Recognize thoughts imposed by others

Focus on yourself

Success

You can feel when you are centered or not.

You can center when you decide to.

Your centering is stable, strong, and relaxed.

You can stay centered for at least 5 minutes comfortably.

Drawing Energy

Definition

Psychic energy is a strengthening, encouraging energy that exists in nature.

You will need psychic energy to use psychic abilities. Energy comes from many sources, including the sun, moon, earth, nature, water, wind, storms, fire, emotions, and movement. People carry energy with them at all times. However, this energy can become drained as you use your abilities. Because of this, having other energy sources to draw from can help you avoid getting too tired.

Choose a Source

Choose an energy source you enjoy to draw energy from. Feel energy from that source flowing into you. You can picture it as a garden hose pouring energy into you, or as a waterfall all around you. You might picture it as light surrounding and filling you, or a fire warming you. The energy surrounds and fills you, raising your energy to a much stronger level.

As you feel the energy flow through you, relax and focus on staying balanced. Don't hold the energy in; let it flow through. Bottling it up will stop the flow. Raise the energy strength as far as you can comfortably go. Then, hold the energy flow at that speed and strength for a few minutes. Practice holding it stable.

Too Much Energy

If you begin to feel lightheaded, imagine a connection into the ground to let go of the excess energy. Lightheadedness usually means that you have too much energy and need to let some of it go back into the earth, like grounding an electrical system. As you draw energy, take only what feels appropriate. Don't force it; just gently draw the energy. Forcing it will only make it more

difficult to get the right amount of energy.

Finishing

When you are done, you will want to finish comfortably. Direct the energy flow back into the ground. Let the intensity gradually reduce. Send the energy securely into the ground, and bring yourself back to a normal state of mind. Close it down until it feels fully settled. Then let go of the final bit, and relax.

Common Problems

Q: I don't feel anything. Am I drawing any energy?

A: Until you feel something, it's hard to tell. Pay attention to subtle feelings. Are you actually not feeling anything, or do you just doubt what you feel? If you feel even slight tingles or pressure, you are probably drawing energy. Relax and be playful. Imagine drawing energy, even if you aren't sure you are succeeding. When you've imagined it for a while, and imagined feeling it, you will succeed in actually drawing energy.

Q: I feel that I'm drawing energy, but it's uneven and difficult to hold. How do I make it smoother?

A: First, relax. You may be trying too hard to control it. Let it flow naturally at its own speed. Get rid of any muscle tension you have by stretching and moving around, and then try again. Make sure you are breathing smoothly and deeply. Increase the energy flow as you breathe in, and keep it flowing steady as you breathe out.

Q: I was drawing energy smoothly for a while, and then it wobbled and stopped. Why did it wobble?

A: You probably got tense or excited, and lost your grounding. Ground and center, and then try again. Be sure to stay relaxed and playful.

Summary

Ground and Center

Choose a source

Pull energy through

Stay balanced

Success

You can feel the energy you draw through yourself.

Drawing energy is smooth, without wobbles or abrupt changes.

You're relaxed and familiar with feeling the energy flow.

Creating Psiballs

Definition

Psiballs are balls of psychic energy. They can be any size, density, shape, texture, etc. They can be used to carry information, investigate an area, heal, warm, or cool an area, or simply to play with and to practice energy control.

Shaping Energy

Draw energy and direct it outward through your hands. Cup your hands as if you were holding a baseball or a ball of cookie dough, with one hand below it and one above it. Picture the energy flowing from your body, through your arms, and out through your hands.

Feel the energy swirling and building up between your hands. Make the energy into a ball between your hands, making it denser as you add energy. It doesn't matter whether your eyes are open or closed - do whichever is comfortable for you.

Let yourself feel the energy between your hands. Notice any push or pull between your hands, any difference in heat, changing density of the air, sparks of light, waviness of the background behind the energy ball, or anything else that changes.

If you have difficulty creating a strong enough psiball to feel, try drawing more energy and adding that energy to it. It may take practice to make a strong enough psiball to physically see waviness in the air, but you should be able to feel it quickly. Do not worry if you only feel it, and can not see it; that is normal. You may feel a lot of heat between your hands; this means you have drawn energy through them properly.

The sensations you feel may be very slight: tingles, pressure, or tightness. Trust your sensations. You're learning both to shape energy and to perceive it, at once. Both take some time to gain confidence with. If you think you felt something, you probably did.

Learning Control

After you are comfortable making a psiball, try working with friends. Each person starts by creating his or her own psiball. Then combine all of the psiballs into the center of the circle. Each person continues to add energy to

the center. After a few minutes, discuss how each person perceives the energy. As a group, try changing the temperature or the density of the energy.

Practice regularly to improve your speed at creating psiballs and your control of them. As you become more comfortable making them, try variations. Make shapes other than a ball; try fire, a pool of water, a crystal, and any other shape you can imagine. Try changing the temperature of the energy, making it extra warm or extra cool. Make the energy carry different emotions, being agitated, or soothing. If you have a willing partner, try using an energy ball to tickle them.

Make a large energy ball of happy energy, and cover a friend in it. If you do it with a willing friend, but at a time they don't know what's happening, you can see how strongly it affects how they feel. (This often has the effect of making the receiver very happy and bouncy, as if they've had too much sugar or caffeine.) The energy can also be used to heal, by keeping the intention of healing as you create the ball and share the energy with someone.

Psiballs don't have many "practical" uses - their primary purpose is to learn basic energy perception and control. Beyond that, they can be used in all the same ways any energy can.

Common Problems

Q: I was able to make a psiball once, but it was weak and I can't do it anymore.

A: Try drawing more energy to make the psiballs. Since you were able to do it once, you have the technique, just not the strength. Let things happen gently, without forcing them, and be sure you are adding enough energy to make a strong psiball.

Q: I have drawn energy and tried to shape it, but I don't feel any energy ball forming.

A: Either you are not creating an energy ball, or you cannot feel the one that is there. First, open up your mind to feel any sensations around the ball, no matter how small. If you feel no sensations at all, try putting much more energy into the energy ball. It may take many times the amount of energy you expected. Also, let the energy leave your body; don't hold it in. Focus on letting go of it as it swirls around between your hands.

Q: I can make an energy ball but it immediately falls apart, or just doesn't do what I want it to.

A: Energy follows thought, so practice keeping your mind focused on the one thing you want the energy to do. As you practice, learn to keep your mind focused even through distractions. What you think and expect is what the energy will do, so as you practice, expect the energy ball to last longer and longer, until you decide to let it stop existing. You may need to continuously add energy to keep the psiball in shape.

Summary

Ground and Center

Draw energy

Shape the energy

Notice any sensations

Ground the energy

Success

You can draw and shape energy into a ball.

You can see, feel, or sense the presence of the energy ball.

You can create the ball when you choose.

You can get rid of the ball when you choose.

Shielding

Definition

A shield is a bubble of energy that works like a window screen. It filters the energy that moves through it and defends against other's negative energy. It also prevents people with psychic abilities from using them with you. Shields help empaths keep others' emotions separate from their own.

Creation

Begin by clearly thinking through your purpose for the shield. Why do you want a shield? What exactly do you want it to do? Will it keep out all energy, or just bad energy? Will it be temporary, or will it be permanent? Will it only be defensive, or will it attack in response to negative energy?

Once you have a clear intent, begin drawing energy and swirling it around you. Picture the energy as anything you wish. Common visualizations are soap bubbles, waterfalls, balls of light, fire, trees/vines, crystals, feathered wings or fur, tank metal, and armor. Choose an image that you enjoy thinking about and that isn't cramped or heavy. Swirl the energy around you.

When you feel the shield is strong enough, let go. It will maintain itself with whatever purpose you gave it as you created it. If the shield depletes over

time, repeat to add more energy.

Effects

A shield can have many effects, alone or in combination. A shield can keep energy on one side or the other, or act as a filter to allow only certain energy inside. It can convert energy from one form to another so that a filter is unnecessary. Shields help empaths keep out some of the extra emotional energy so they don't feel overwhelmed.

Shields also define boundaries in the physical world, which people will usually not to cross. Often they won't even realize why they stopped there. The edge of a shield works as a psychic alarm. When someone physically crosses it, the shield gives the owner a psychic warning that someone is nearby.

Shields cause any effects you intend them to have when you create them. Just like any psychic ability, energy follows thought. Whatever you think about when you create the shield affects how it is created. Shield effects are not at all limited to what is listed here; anything you can think of, you can do.

Maintenance

Stress sometimes interferes with maintaining a shield. Under normal circumstances, a shield maintains itself for quite a while. However, large amounts of negative energy, attacks, illness, and lack of sleep all weaken a shield. This section explains how to maintain a shield under stressful conditions.

Daily Stress

Daily stress is the most common difficulty with shielding. While a shield often prevents psychic energy from adding to the stress, eventually the shield weakens. More rest, planned time alone, meditation, and avoiding stress are the best cures. Daily or weekly meditation replenishes a drained shield and helps relax you.

Empathic Overload

Empathic overload is similar to, but can be more intense than, normal stress. Large crowds, schools, and cities are filled with intense emotional energy. Empaths who are particularly sensitive to this learn to build very strong shields to keep other people's emotions separate from their own. The first few days of an emotionally intense environment can be particularly tiring if the empath has not yet made a strong enough shield.

Meditation and self-examination are important to protect from the empathic pounding of emotionally intense environments. Meditation helps relieve the stress and emotional energy in a controlled way. It also gives time to identify the difference between empathic emotions and personal emotions. By identifying yourself carefully (especially emotionally), you add an extra layer to the shield which defines "self" and "other." This helps external emotions bounce off harmlessly.

Electromagnetic Fields

Sometimes electromagnetic fields, from power lines or electronic equipment, can tear at a shield and cause it to weaken. If a person has grown up near power lines, his or her shield may already be adjusted to compensate.

For people who have just entered electric fields, though, it can be rather intense. Experiment with drawing energy from the field and changing it into a more useful form of energy. Also, try matching your own energy to the existing electricity. With some practice, adjusting your shield to that energy takes little effort.

Psychic Battle

Shields also become weakened by psychic battles. Though most people will never need to deal with this, some can't avoid it. They may have known they were dealing with it before ever reading a book on psychic abilities. Shielding is a natural defense to psychic attacks.

During psychic battle, people hold their shields in place by willpower and energy. Willpower controls the shield the most. Calm confidence is the best way to prevent a shield from being drained. If you are uncomfortable trusting in your own endurance, trust in the universe to do what is best for you, whether or not that is protection.

If the shield does feel drained, draw additional energy from a comfortable source to replenish it. Keep drawing until you know you are safe. If you cannot hold up the strength any longer, place your psychic self some place safe (or even shut down) to avoid being attacked. A safe place is any place, real or imagined, where you feel secure. Attack rarely causes any symptoms worse than a headache, but headaches can be bad. Avoiding fighting is best.

Common Problems

For this, and all future skills, first check your grounding and centering. You should be strongly grounded, and strongly centered. You also need relax and avoid pressuring yourself.

Q: I can't get a shield created. I can't stay focused.

A: Ground, center, and relax. Draw energy just as you would to create a psiball. Instead of directing it through your hands, direct it outward around your body, as if you are inside the ball. If you want, use your hands to trace out the size and shape of the shield in the air. Add energy until you feel it strengthen and hold its shape.

Q: I can create a shield but it's not very durable. How do I strengthen it?

A: Your shield strength is very closely tied to your grounding and centering. Be sure they are both very strong and stable. Relax and stay playful. Your shield should be somewhat flexible, not brittle. Keep it flowing and swirling around you.

Q: There's unhappy energy inside of my shield. When I put my shield up, I feel bad, or I feel like there's something stuck inside.

A: Drop the shield for a minute, and push away the energy you don't like. Clear the space around you. Before you put up a shield, push a lot of energy out away from you. Start the shield tiny inside of you, and make it grow bigger like a balloon until it's around you. This prevents energy from being trapped inside it.

Q: My shields are fine until I enter a particular room, and then they wobble or fail. What's going on?

A: Other people may be affecting your shields, either purposely or accidentally. Staying grounded and well centered will help that. You also may be getting interference from power lines, or an electromagnetic field. Adjust your energy to match it, instead of fighting it, and the shield will work again.

Summary

Ground and Center.

Choose the shield's purpose.

Draw energy.

Swirl it around you until stable.

Let go and ground.

Success

You can create a shield when you want to.

You can control the strength of the shield.

You can control what the shield keeps out and lets in.

You can control the texture and visualization of the shield.
The shield does what you tell it to.

Practice Month One

Practice Tips

Tips on practicing are scattered through many sections of this book. This is a summary list of helpful and harmful things to do as your practice. Laugh at the goof-ups; remember the helpful things. Psychic ability practice should be fun and comfortable.

Remember that everyone has some trouble. If you realize you're doing something harmful, be amused. You're much like everyone else. Don't worry about it too much. Just work on improving. Use the challenge statements from the Beliefs section if you're having trouble with a particular worry.

How Not to Learn

Now you, too, can absolutely assure that you won't make progress. You won't learn the abilities. You won't experience new and strange things. You won't have anything useful to show your friends. You can make certain you will never, ever gain control of any psychic skill! Here's how.

Quit

Doubt yourself. You can't possibly succeed! Quit immediately!

Disbelieve in the ability. Nobody anywhere could do that; it's impossible!

Try the hardest ability first. You'll give up after one attempt, since you've proven it can't be done!

Worry about the abilities being satanic or worse. You'll be way too scared to do anything.

Experience a real ability, and then get scared of the results and give up.

Practice when you're exhausted. When you start to relax, you'll fall right asleep. (Good for your health, useless for psychic practice.)

Pretend to practice when you're shutdown and not perceiving anything.

Stress Out

Get scared of the abilities. They might go out of control!

Work hard and don't be at all playful.

Tense up and push yourself hard. Get a big headache.

Try to control every tiny detail of the ability, and take all the fun out of it.

Performance pressure: you have to prove levitation to all the skeptics right now!

Practice in scary, distracting, noisy places with people who make you feel uncomfortable.

Practice when you're not grounded or centered. You'll get lightheaded, dizzy, and have

trouble concentrating.

Lock your shields up so tightly that no energy can pass through them either direction.

You won't be able to ground or center. (See above!)

Pretend you have an ability even though you never bothered to practice it. In fact, you're not even sure what it's supposed to do.

Misinterpret

Judge your results before you receive them. They're all wrong anyway.

Ignore your feelings and thoughts. Pure obvious logic, not hunches, should be perfect.

Involve only one perceptive sense. If the information doesn't come through that route, you'll get nothing at all.

Interpret everything exactly literally (nothing will make any sense).

Interpret everything only symbolically (it still won't make any sense).

Smooth Sailing

Ok, so some of the goof-ups are slight exaggerations. Here are some helpful tips to remember instead.

Keep Trying

Be confident. You can do it!

Believe in the ability.

Start simple.

Challenge your worries. You are safe and doing fine.

Realize your first experiences may feel awkward. It will get easier.

Practice when you're well rested and relaxed.

Open your perceptions by grounding and centering.

Relax and Play

You are in control of your abilities. Enjoy them!

Play and keep trying. Make your practice sessions into games.

Let the ability happen naturally.

Practice in private where no one can pressure you.

Find quiet areas where you can set up a relaxed, fun mood.

Ground, center, and do everything you can to help your concentration.

Shield gently to filter energy and enhance your perceptions.

Research the abilities you are interested in.

Interpret

Wait on analyzing results until after you're done. Spend at least 3-5 minutes receiving, without giving up.

Notice your feelings, thoughts, and moods. Intuition can be subtle.

Involve as many senses as possible.

Learn to recognize both symbolism and pure facts. Compare them to the "objective truth" only after you're done receiving.

Psychic Events

Paranormal or Not?

You may experience things that seem to be paranormal. Careful investigation will usually show you whether it is normal or paranormal. Consider two things when you investigate each event.

1. Does any normal explanation fully explain the event?
2. Does the event provide otherwise unknown information, or seemingly impossible movement or events?

The first step is to investigate all normal causes for an event. If an object moved, look for wind that could do it. Were there people who might have thrown or dropped it? Were there vibrations from large vehicles driving by? A weak nail could cause a picture to fall off a wall, and this would certainly not be psychic. Does the event provide any new information? Could that information have been gained normally, such as overhearing a whisper?

If there is no normal explanation for the occurrence, then it may be paranormal. You can use the form below to record the important information if you want to keep a record. You may recognize a pattern to the events after you keep a record for a while.

Quote

Practice Month One Worksheet: Paranormal Event Record

Yes/No

Does the event always occur near the same person?

Does the event always occur near the same place?

Does the event always occur near the same time?

Where/when did it happen?

Who did it involve?

How important is it?

Is the event good, bad, or neither?

Explain what happened.

-
-
-

Types of Events

Grouping events into categories can help you understand the event. Each section below explains what is paranormal and what isn't.

Intuition

Intuition means "just knowing" something without images, words, or touches. Intuitive messages are often warnings for safety, instructions to follow, gut feelings, and hunches.

Visions/Sounds/Touch/Feelings

These are sometimes called hallucinations. They are psychic only if nothing is causing the vision, sound, or sensation. They are not dangerous if you know you are healthy and they don't interfere with your life.

Visions

Visions are similar to imagination or daydreams.

Visions are mental ideas that enter your mind as images.

Visions include auras, ghosts, and dreams.

Visions include out of body experiences and astral projection.

Visions include clairvoyance and remote viewing.

Visions will not be images you see with your eyes or reflections on glass

Visions will not include after-images from eyestrain.

Visions will not include the lines you see with your eyes closed (those are blood vessels).

Sounds

Sound perceptions are information that arrives as words and tones.

Sound perceptions are words, names, instructions, and phrases that give useful information.

Sound perceptions are not rushing or ringing sounds in your ears (this is just normal blood flow).

Sound perceptions are not sounds that occur naturally and you hear.

Touches and Emotions

Feeling perceptions include the sensation of touch, when none occurred.

Feeling perceptions include mood changes in you that aren't your own feelings.

Feeling perceptions include cold or warm "ghost" touches.

Feeling perceptions include pressure sensations when touching psychic energy.

Feeling perceptions are not actual touches (see the section on psychokinesis for this).

Feeling perceptions are not shivers from normal wind drafts.

Feeling perceptions are not emotional changes due to fatigue or hunger.

Feeling perceptions are not feelings due to adrenaline or excitement.

Psychokinesis, Movement, and Alterations

These are changes of physical objects, such as movement, floating, breaking, mending, vanishing, and appearing. They also include invisible touches, where a visible dent can be seen.

When you investigate carefully, you'll usually find a normal explanation. Check for wind gusts, drafts, breaking or weak nails and hangers, lopsided shelves, and objects off balance. Consider normal ways to cause the same movement. However, scientists have recorded real movement and touches that have no physical explanation, so some of these events are paranormal.

One common kind is a poltergeist, which translates as "noisy ghost." This includes cases where objects move around as if a ghost were moving them. This is usually unrecognized psychokinesis caused by a living person. If the person doesn't want psychokinesis, a counselor can help. Once the person learns to deal with stress better, the psychokinesis usually stops.

Telepathy

Telepathy is any communication between people or animals that does not occur by the normal senses. It can convey images, sounds, words, names, ideas, feelings, and emotions. It happens most often between emotionally close people, such as families, lovers, best friends, and pets.

Telepathy is not body language, whispers, voice inflection, lip reading, or any normal communication. If the people communicating are far apart and separated by walls, then telepathy may be a reasonable explanation.

Synchronicity

Synchronicity is when an event occurs at exactly the right time. This may mean that people meet unexpectedly, just when they needed to talk. It can be accounted for as coincidence, but it may also involve telepathy or other psychic abilities. It is difficult to measure since there is no "chance" to compare against.

Some cases of synchronicity can be explained by telepathy. Some can be explained as coincidence. The rest are still a mystery.

Visualization

Purpose

All psychic abilities require some visualization. That visualization can be images, sounds, ideas, or stories. If you have trouble visualizing, try some playful childhood activities. Play pretend, or act out scenes in storybooks. Create an imaginary world to explore. Play with them when you're feeling good, relaxed, and want to have some fun. Get enthusiastic! Dress the part. Share your excitement with nearby children.

Create a Land

Create an imaginary land in your mind. It can be anything - a jungle, a desert, a crater on Mars, or an underwater city. Make it something that excites you and interests you. Decide how big you want it to be, and who else is there with you. Start to explore it, looking for anything and everything interesting. If you work better by writing, write down a description of it, as a poem or a story. Make it as detailed as you can. Describe it to a friend. Do anything you can to remember your land. Come back to it often and add details and new ideas to it. If you tire of one area, create a new interesting one. Play in it!

Read a Book

Find a child's storybook about adventures and surprises. The 6-9 years age group will probably have some good ones. The more silly and adventurous the book is, the better. One with lots of pictures will help if you have trouble specifically with pictures. As you read the book, make the scenes from the book as vivid as possible in your thoughts. Really get into the book and laugh with it. Be willing to let yourself feel like a child, and bring back the creative excitement of childhood.

Read the book aloud to any nearby children. Practice being a storyteller, using creative cartoon-like voices. Give every character its own body language and tones. Use crayons to draw pictures of each character showing its personality. Add another character and imagine how it would interact with the others. Enjoy yourself!

Play with Toys

If you have the toys available, make a wooden block castle, a Lego dragon, or a Tinkertoy Ferris wheel. Create the same kinds of play scenes you enjoyed when you were young, and relive the ones that interest you. Draw/color/paint a picture (it doesn't have to look realistic!). Get crayons and color in a coloring book. Make it as fun and silly as you can; let the trees be purple with pink polka dots if that amuses you.

Find Yourself

Find your creative self, and enjoy it with enthusiasm. If you have trouble with pictures, use whatever other methods you prefer to think about things. Doing the things you did as a child will help you remember how you thought about the things you created. Then you can use those same methods to access anything that requires visualization (it doesn't have to be pictures).

Games and Practical Uses I

Grounding/Centering

This is useful when you are dealing with a stressful person or situation. It helps clear your mind, focus your attention and energy, eliminate distractions, and keep you stable. It's also very necessary before you begin to use any advanced skill.

Shielding

Shielding is useful for many things. It can help you move through crowds. People will feel the edge of the shield and move away, often without realizing why. A shield set around a room will alert you when anyone crosses it. And, a shield can reduce the effects of highly emotional situations and other psychics nearby.

Overusing a shield may make you feel tired, however. So, if you use it a lot during the day, spend some time each night letting it relax and soften. You don't need to feel defensive all of the time. Relax, play, and center instead of shielding each evening.

Game Preparation

Everyone participating should ground and center before starting the games. Sit in a circle, and watch each other's energy until everyone is grounded and centered. None of these games have a winner or loser. They're cooperative for fun and practice. Discuss everyone's experiences as you play.

Energy Fountain

The goal of this game is to see how much energy a person can draw before he or she gets unstable and the flow collapses. It practices staying well grounded and holding a large energy flow.

Draw a little energy in from the ground, funnel it upward through your body, and out your head like a fountain. Stay well grounded and balanced. Gradually increase the amount of energy moving through you. Over a few minutes, try to

move as much energy as you can. It's okay to get lightheaded or giggly, as long as your energy is still stable.

When you can't increase the energy any more, or when the energy column collapses because you got dizzy, drop all the energy into the ground and relax. Lower your energy level and ground a lot until you're comfortable again. Then let the next person try.

When you are watching someone make a fountain, practice seeing and feeling his or her energy. Notice if he or she wobbles or stays grounded.

Simon Says Shielding

The purpose of this game is to practice matching a description with your shields.

One person is chosen as the leader, and names a type of shield for everyone to create, such as soap bubbles, tire rubber, brick wall, metal armor, fuzzy blankets, spider webs, etc. Everyone in the group spends a few minutes trying out that kind of shield, making it as strong and stable as possible.

Then the next person around the circle names a different type of shield, and everyone tries that. Go around the circle as long as it's fun, and discuss how the shields felt each time.

Psiball Passing

This game practices stabilizing energy while letting go of it.

One or two people create a strong psiball between their hands. Then they pass it to another person in the group, who adds energy, and passes it on. See how strong you can make it. Try varying the thickness and temperature. Notice how the energy changes, as each person contributes.

Psiball Splat

This game practices stabilizing energy while directing it through an area.

Each person creates psiballs and throws them against the walls of the room, like throwing sticky goo. Vary the energy in the psiballs, and let the energy remain on the walls as you throw them. If you want, say aloud what your psiball is made of just before you throw it. ("Soapy sponge! <Splat>") After a few minutes, look around psychically and notice all the energy splats everywhere.

When you're done, take turns "washing" the walls off with a spray of energy

from the palm of your hand, like a garden hose. Let all the energy soak in to the ground, and ground yourself.

For a more advanced version of this game, create the psiballs and throw them without using your hands.

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[/list]

« Last Edit: September 01, 2005, 09:34:38 PM by kobok »

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December 16, 2005, 11:58:21 AMReply #1

akashic_librarian

Settling In

Offline

*

26

Karma:

0

Personal Text

The universe is mind; All is mental

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Re: Playful Psychic, Basic Skills (by Skywind)

Cool. But the only thing i would say is the games involve more than one or two people and i am only 14 so most of my friends think i am a nutter :(:cow:

Logged

To the owner of everything,

Are you truly happy?

Love, light and laughter,

Philip Nelson

December 28, 2005, 08:51:58 PMReply #2

Aos711

A Veritas Regular

Offline

**

Greenhorn

65

Karma:

0

Personal Text

I'm confused....do u really expect me to know why?

[View Profile](#)

Re: Playful Psychic, Basic Skills (by Skywind)

I agree with akashic_librarian, there should be a game that involves one person because I to have friends that think I am nuts :biggrin: Oops :eek:, I hope you don't mind me posting here, if you do then tell me and i'll delete it.

« Last Edit: December 28, 2005, 08:54:04 PM by Aos711 »

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Agility is the way you run when an angry dog is behind you. :eek:

August 10, 2006, 02:06:43 PMReply #3

YoYo

New Member

Offline

*

7

Karma:

0

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Re: Playful Psychic, Basic Skills (by Skywind)

I know what you guys mean. I have the same difficulty. I decided that even though it's somewhat manipulative, but I try and do things on my own by saying okay I to do this to this person and see if they react strangely.

So let's say I want to make a very dense psiball, well one of the ways I can detect that I've made some sort of psi ball is by sending it to someone else or just having someone else feel in between my hands.

I hope that helps a little bit. I'm not a master at coming up with singleplayer games

:redface: :bunny:

Logged

August 26, 2006, 01:25:15 PMReply #4

Razeroth

Veritas Furniture

Offline

269

Karma:

0

Personal Text

Ut intus , sic vacuus. As within, so without.

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Re: Playful Psychic, Basic Skills (by Skywind)

You don't have to play games; they're meant to help you learn in a more diverse and hopefully more effective manner. They aren't necessary, so don't worry about not being able to play them.

-Razeroth

Logged

"In the beginning, the primum mobile created the heavens and the earth, and imparted existence. The governing principle of the universe thusforth came forth: duality in its glory..."

March 06, 2013, 09:03:58 PMReply #5

Gregg

New Member

Offline

*

1

Karma:

0

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Re: Playful Psychic, Basic Skills (by Skywind)

When i tried to create a psi ball i felt a strong push between my hands like two opposite magnetic feild but nothing else happened.does this means anything?

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Psychic, Basic Skills (by Skywind)

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Author Topic: Playful Psychic, Advanced Skills (by Skywind) (Read 17068 times)

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Playful Psychic, Advanced Skills (by Skywind)

Playful Psychic, Advanced Skills

by Skywind

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Advanced Skills

Empathy

Definition

Empathy is the ability to know someone else's emotions psychically, during normal conversation and at a distance. Body language and tone of voice are not empathy, only psychic perceptions. Empathy is a limited type of telepathy, which is easier for most people to learn. It is the most common of all psychic abilities.

Spontaneous Use

Many people use empathy without realizing it, especially with close friends and family members. This often occurs as a feeling that a friend is hurt or in trouble. The receiver may also feel stressed because a friend is stressed.

With practice, you can improve your empathic ability. You can begin using it on

cue instead of just spontaneously. You can learn to receive detailed emotions and complex situations.

Connecting

Create an empathic connection by focusing your thoughts on your chosen target.

Create a constant stream of energy connecting you to him or her. Let the connection grow and strengthen, like a web or joined hands holding you together.

Emotions flow through the connection in both directions. The target will feel some of your emotions, and you will feel some of the target's emotions.

Receiving

Be open to receive images, sounds, and feelings through the link. You may feel the emotions as if they were your own, or they may seem like a movie. They may appear as emotional images or as hunches.

As you receive information, watch for related details and subtle feelings. Watch how the target reacts to his or her emotions. Ask questions to navigate through related emotions. Notice how the feelings change in response to your questions.

To be certain you aren't reading body language, practice when you can not see or hear the target person. Practice at times when you wouldn't otherwise know what mood the person is in. Then ask the person later what his or her mood was at that time, to see if you received feelings accurately.

Controlled, useful empathic navigation can take a while to learn, but it is necessary. The telepathy section explains techniques for navigation in more detail.

Disconnecting

Closing the link is just as important as opening it. When you are ready to close the link, visualize it gently drawing apart and closing cleanly.

If you try to remove it too quickly, it may hurt like a suddenly broken relationship. You may even feel it physically near the heart, where empathy connects. Be gentle with empathic links because they represent your relationship with that person. You will both feel what happens to it.

Common Problems

Q: I don't feel anything when I try to connect. Am I doing it? What's happening?

A: Ground and center. Make sure you are relaxed, not scared, and not feeling defensive. If you are tense or scared, you won't connect well with people. If you feel defensive, you will hold your energy in and stop it from flowing to the target. Make sure you are comfortable feeling close to the target. Make sure the target is comfortable feeling close to you. Gently add energy and strengthen the connection.

Q: I can connect, but I am not receiving anything.

A: Ask a question and then listen for an answer. If the connection is still quiet, strengthen it and increase the energy flow. Be sure to stay calm and relaxed.

Q: Receiving too many emotions is overwhelming me. How do I filter some out?

A: Ground and center very well. If afterward you still need a filter, create a shield around yourself to block all empathy. Then when you choose to receive empathically, tell the shield exactly what to let through. When you are done, tell it to block everything again.

Summary

Create a connection to the target

Strengthen the connection

Receive and navigate

Disconnect cleanly

Success

You can create a link.

You can receive accurate emotional information through it.

You can close the link gently.

Telepathy

Definition

Telepathy is the psychic transfer of thoughts, concepts, images, sounds, and feelings. Empathy is a form of telepathy.

Accuracy

Theoretically, telepathy can carry any information. In practice, it is more limited.

The most accurate reception comes from full concepts involving all five physical senses and emotions. Thoughts involving fewer senses reduce accuracy. For detailed, accurate telepathy, focus on an entire situation instead of a single object, word, or number.

Creating a Link

Create a telepathic link the same way as an empathic link.

Focus your thoughts on the target person. Create a clear image of him or her in your mind. Create a picture of a situation involving him or her, and imagine the sounds, smells, emotions, and surrounding atmosphere.

Create an energy link between yourself and the target.

It will have two parts: an emotional link between your hearts and an intellectual or conceptual link between your minds. The emotional part is important because connecting requires trust. Emotions and thoughts will go both directions through the links.

Strengthen both links until you feel strongly connected.

Telepathy should always be done with compassion for the other person's thoughts and feelings. You may learn personal information. If you betray this trust, future connections will be more difficult.

The target will not always consciously know that you are connecting, but will still respond subconsciously. He or she may block you out if upset with you. The receiver cannot force accurate telepathy. It only works when the sender and receiver both allow it.

Navigating Thoughts

Surface Thoughts

As you explore someone telepathically, you will notice many levels of thought. These levels exist in yourself and in the people you connect to. Some levels are more conscious than others.

The easiest level to reach is that of surface thoughts, the daily conscious

thinking that people do in response to the environment. This level of thought is usually the least useful for telepathic communication, but it is the easiest to receive.

Sometimes those thoughts are obvious without telepathy. You see a child's eyes light up and know that he or she is excited and curious about something. Pets show their interest by pointing their eyes and ears. Remember that the communication is telepathic only if you know the thoughts without body language cues.

Broadcast Thoughts

Surface thoughts are easy to read because they are broadcast psychically. You may be talking with a friend, and suddenly both say the same thing at the same time. Or, one person may say something and the other respond, "Hey, I was about to say that!"

This happens because one of the people is "thinking loudly," almost verbalizing his or her surface thoughts by thinking about them openly. These thoughts are the easiest for other people to receive spontaneously. If you don't want anyone receiving these thoughts, you will want to shield them.

Shielded Thoughts

Surface thoughts can be shielded with careful practice. They usually don't need to be shielded because few people will receive them clearly. However, if you associate with many psychic people, you may find that they notice more than you want them to.

Some private thoughts will be unreadable by telepathy regardless. This is human nature; deeply private thoughts stay private. Thoughts about other people may seem to be private but are easily read through telepathy. They are also frequently conveyed through body language, and noticeable even without telepathy.

A person can learn to stop other people from reading any of his or her thoughts. This is usually not worth the effort for a long time, since most people aren't strongly telepathy anyway. However, it can be useful to keep a surprise secret.

Notice as you are reading or thinking how many of the words you are pronouncing in your mind. Any words that you pronounce mentally (even if you don't speak them) are loud thoughts.

You are likely to telepathically broadcast loud thoughts. If you think in

pictures and ideas, or keep your mind quiet as you do pronounce words, you will broadcast less.

Observe your thoughts as you read and throughout the day. You will be able to tell the difference between your loud thoughts and your quiet ones. By changing your loud thoughts to quiet thoughts, you can make them less likely to be broadcast.

Deep Thoughts

Exploring a person's thoughts is like wandering a maze of his or her life. Past and present experiences are mixed with thoughts, daydreams, feelings, and pictures. Navigating through the maze for one specific idea can be confusing, but it will get easier with practice.

Thoughts and memories are related by similarity. Start by telepathically asking for a starting point relevant to the information you want.

Some images will appear. Watch for details in them. Focus on ideas related to the information you want. When new images appear, they will bring more information.

Focus in closer until you get to the level of details you need. If certain information you want isn't presented, ask a question about it. ("Show me more about your notebook. What have you written in it?") Follow the ideas that associate usefully with other ideas. You will eventually find a path to the information you want.

Passive and Active Links

There are two ways to make use of a telepathic link, passively and actively. You can watch passively by letting the other person direct where you look and what you see. Or, once you are seeing through his or her eyes, you can watch actively by telepathically suggesting where they should look and what they should do.

The passive way will give you better realistic information about the person's interests. The active way will let you look in more detail at something that was glanced over but not examined. Use passive links just as you would normal receptive telepathy. Use active links as a combination of receptive telepathy and suggestive telepathy.

Telepathic Suggestions

Telepathy can be used to suggest, not just to receive. This has only a minimal

effect until the sender is very strong, and even then, it is suggestion only, not a controlling force. It is used mainly to ask questions of the target, to get specific useful answers.

Telepathic suggestions can not be used to make people do things that they would strongly object to. They can be used to ask for simple actions. The easiest types of suggestions are things like, "Scratch your ear," "Drop the pencil," and "Look behind you." Simple, instant, physical commands are much easier than complex commands.

To send a suggestion, create a normal telepathic link, and then think of information traveling from your mind to the target's, instead of vice versa. Formulate your suggestion very clearly. Involve a picture, sound, and concept with it, not just the words of the sentence.

Some people are able to tell when they are being telepathically influenced, and sometimes even recognize who is doing it. Work with a friend who has verbally given you permission to try to influence him or her telepathically. Then you can be sure you aren't offending anyone by doing so.

Disconnecting

Disconnect the same way you would for empathy. Close the link gently and cleanly.

Common Problems

Q: I'm generally having trouble connecting getting information. What's up?

A: Check all the questions in the section on Empathy first. Make sure you're grounded, centered, well connected, and that the other person isn't shielding from you. If you can receive empathically from the person, but not telepathically, then continue with these questions.

Q: Ok, I'm empathically connected, and I can receive emotions clearly. I'm not receiving any images or words though, and I can't direct what I receive.

A: You'll need to practice navigation the person's thoughts. Start by asking, "Why do you feel that way? Tell me or show me," and then listen for an answer. Communicate just like speaking, and gradually visualize the person in his or her surroundings. Then you can look around him or her and see things for yourself. You can also view his or her memories like a video this way.

Q: I can receive but the images make no sense. How can I tell what they mean?

A: They may be literal, or they may be symbolic. Practice will make you more familiar with what to expect. This is just a case of needing more experience; keep trying. Write down everything you do see, even when it doesn't make sense, and afterward compare the results to see if there was a pattern.

Summary

Create and strengthen a link.

Receive or send through the link with detailed images.

Close the link gently.

Success

You can create a link.

You can receive accurate information through it.

You can successfully give simple instructions to the target, and close the link.

Astral Projection

Definition

Astral projection means projecting your awareness to the astral plane.

The astral plane is a world made of energy that can be shaped by thought and emotion. In the astral plane, a person can create objects and communicate with other beings, both humans and spirits.

Remote Viewing is a form of projection, just like astral projection. The difference is that it takes you to a physical location instead of an astral one.

Astral Projection vs. Out of Body Experiences

Astral projection and out of body experiences are not the same.

Leaving the body and astral projection are different forms of travel. The astral plane is one of many places a person can go when out of body or when projecting. Astral projection can happen while still in body and awake.

This book focuses on interacting with the astral plane through visualization. This works while you are awake and not out of body. It will not cover out of body experiences.

Astral projection requires feelings like daydreaming and being creative because

they trigger psychic perceptions. You may feel at first that you are imagining what you see. That's ok. In time, you will change from imagining it to perceiving it accurately.

The level of danger is less than normal physical life. You might run into someone who will get angry with you for no apparent reason. However, as long as you don't go looking for trouble, such occurrences are unlikely. Even if someone doesn't like you, they're unlikely to do anything more than give you a minor headache.

Contrary to some common myths, you can not die from leaving your body or from projection. You can not be trapped out of your body. Demons will not take over your body while you're gone. If you get anxious or stressed, you'll just wake up naturally, like from a nighttime dream.

Visualization Method

Choose an astral place that you would like to visit. Create a place if you think it does not already exist. If you want to visit a friend's astral home, hold the image of your friend, emotionally or visually, in your mind.

Relax and daydream. Think of the place you would like to visit. If other thoughts interfere, notice them, let them go, and return to the picture.

Continue until it becomes very clear. You will use this place as an anchor point to return to later. Become aware of seeing, feeling, and hearing the place, including as many senses as possible.

Stay open to any information that enters your mind, no matter how odd or unrelated it may seem. Some astral places are relatively normal. Others are extremely odd and may change frequently. As you examine each image, use it to find other images. Over time, you will get images more quickly and see more.

Once maintaining the picture is easy, change it somewhat. Add a tree, or move things around; whatever you imagine will change it in that way. Pick up an object and resize it, change its color, change its density, and then return it to normal.

Reshape that area of the astral plane. Practice until you are very comfortable doing this. Learn to change your shape. Walk, fly, swim, and examine the details of many objects.

The next step in astral projection is traveling to places other people have created. You succeed at this when you don't let your preconceptions change your views of them. In some areas, the things people have created maintain

themselves so others can not change them. In other areas, your thoughts can change what is actually there.

Uses of Astral Projection

Astral projection is useful for practicing perceptive and creative psychic abilities, especially telepathy. It also works as an energy source to assist healing. It lets you explore concepts that don't fit into the regular world, such as four or five dimensional space.

Exploring other people's astral creations and creating your own can be quite fun. Whatever you can imagine, you can play with on the astral plane.

Soul joining is also possible. Because you can change shape astrally, you can become fog-like. If several people do this, it is possible for them to overlap their soul energy, and eventually their souls.

This can be a very intimate experience emotionally and nearly always creates a strong telepathic connection. It's difficult to remain in the astral plane when doing this if you aren't already good at projecting. For people who are very comfortable projecting and comfortable with each other, it can be a very joyous experience.

Common Problems

Q: I can't keep a clear picture of the astral plane in my mind. It's blurry and not very detailed.

A: You may need to work with an ability other than sight. Try listening and feeling your way around, rather than giving it a visual shape. Also, make sure you aren't being distracted by the physical world around you.

Q: I can get to the astral plane and see it, but I can't move around. I feel like I'm glued down.

A: Sometimes it takes practice to be able to move naturally. Try a second projection. Leave your astral body where it's at, as a shell, and project to a different place in the astral plane. Let the shell just sit there stuck the first few times, and eventually, you will find that movement comes naturally. This can be especially helpful if astrally you can fly but have difficulty walking.

Q: I can't see anything others create. I can only see my own things.

A: This could happen for two reasons. One possibility is that your own

expectations are interfering. If so, practice the suggestions given at the beginning of this book for avoiding expectations. The other possibility is that you are not used to viewing other people's energy. Practice with psiballs with friends, and with aura vision, to help improve your ability to see other people's energy. Other energies feel a bit different, but they are all variations of the energy you can already see.

Q: When I'm trying to actually leave my body, rather than just see the astral plane while awake, I get almost out. But then my heart beat speeds up and I wake back up again.

A: A fast heart rate shows anxiety. Are you nervous about what you are doing? The anxiety could come from many things. If you are afraid of the astral plane, research it more and deal with your fears before trying to project again.

If you aren't afraid of projecting, but still have a lot of anxiety, consider some other possibilities. How will your beliefs change if you succeed? Are you worried about anything that would happen to you, emotionally or mentally, after you succeed? Are you ready for the new experience? How will you handle it? What does it mean to you to succeed? If you are not ready, what would make you ready?

Q: I want to explore the astral plane but I'm afraid it might be dangerous or unhealthy. Something keeps pushing me back in.

A: Your own fears are pushing you back in. Emotions can take form when you are in the astral plane, and you may perceive them as actual blocks to your progress. The only way to defeat fears is to face them, either by experiencing what you are afraid of, or by researching it until you know there is nothing to be afraid of.

The astral plane is less dangerous than the physical world because you can always relocate if a situation isn't good. At worst, you can simply leave the astral plane (with a full shutdown if you wish).

Your fears will not decrease over time unless you continue to learn about astral projection. Keep reading about it, talk with others about their experiences, and practice things yourself. Do it a little at a time so that you are totally comfortable before going ahead.

Like in the Star Wars Jedi training cave, the only threats are your own fears. Face the fears, and they will show that they are illusions.

If you want to feel more prepared for whatever occurs, read the section on maintaining shielding. Some of the ways of dealing with psychic battle (which

is uncommon, but occasionally happens) are discussed in that section.

Summary

Choose a location.

Daydream about the location to get there.

Explore and receive.

Practice changing things.

Explore others' areas.

Return to the physical world.

Success

You can create and visit your own astral home.

You can alter your astral home.

You can visit and accurately describe others' astral homes.

You can return to the physical world easily when you choose.

Aura Vision

Definition

An aura is an energy field around something. It contains information about the health of a creature, its emotional and mental state, and many other things.

Color, texture, shape, size, and motion of the aura all provide information about the creature or item.

Seeing the Aura

Relax your body, mind, and eyes. Choose an object or person to look at that won't make you nervous. Look gently at the object, focusing your eyes slightly behind it.

Look with your third eye, the psychically sensitive area of your forehead.

Close your eyes and feel your focus shift up slightly, so that you seem to be looking out of your forehead. Open your eyes, and your focus shifts back down to normal sight. Open and close your eyes a few times to learn how it feels.

Avoid rolling your eyes upward; that will just give you a headache.

Once you are confident of the focus shift, do it gently with your eyes open.

Look out of your eyes and your forehead at the same time. This shift of focus awakens psychic vision, which is used to see auras. To see the aura, look gently just past the object, using your eyes to see and keeping your focus lifted to the third eye. When you begin to see lines of color around the

object, you need to find out if it's an after-image or an actual aura.

After-Images

After-images are a biological effect of your eyes, caused by eyestrain. Look at the circle image for at least 30 seconds, and then look at the empty space next to it or a blank wall. The opposite-color image you will see is an after-image.

To prevent after-images, blink often and don't look at one object too long. As you improve, you will see the aura within a few seconds, before after-images appear. When you first see color or lines around an object, look away to make sure it's not an after-image.

To eliminate after-images, close your eyes for a minute or two. When you stop seeing the image on the inside of your eyes, the after-image is gone and you can go back to seeing the aura.

Aura Variations

Auras have many shapes, sizes, colors, and textures. There is no standard interpretation because different people perceive differently.

The best way to discover the meanings of colors and other attributes is to experiment. Read about traditional meanings and use them to decide what the colors mean to you. For instance, someone who is decisive about his personal space may have a clear edge on his aura, a solid, dense energy, and sharp, clear lines.

The aura can affect and be affected by a person's health. If you are interested in learning energy healing, through chakra and aura work, read *Hands of Light* and *Light Emerging* by Barbara Ann Brennan. They are very detailed and well written, and they focus entirely on healing methods.

Practice Techniques

Stay relaxed and calm as you practice. Practice often, but don't tire yourself. Often, the moment you relax and quit trying, you will suddenly see the aura quite clearly. If things aren't working, take a break, do something fun, and try again later when you can be more relaxed and patient.

Aura vision may be easier when you are sleepy because you won't have the energy to force anything. If you have a difficult time letting things happen without forcing them, try once or twice when you are tired or sleepy.

Dim lighting can be helpful so you don't strain your eyes. Put a solid colored

background behind the object. Gray, white, brown, and dark colors work well because they are not visually distracting.

Multiple Layers

The aura has multiple layers, like an onion, but with each layer reaching from the very center of the person outward. Close to the body, all of the layers overlap. Each layer out reaches farther away from the body and becomes less dense, lighter, subtler, and more difficult to see.

First, practice seeing the inner layers. As you improve, let your awareness expand, growing lighter and softer. Reach outward with your aura to feel the aura you are looking at. Feel your vision shifting more strongly toward the third eye and clairvoyance. Remain relaxed and feeling light as your vision expands to include the outer layers.

Common Problems

Q: I can't feel the shift in focus.

A: Relax and keep trying, but gently. If you still have difficulty after a lot of practice, try learning some other psychic skill first to awaken your abilities. This will make aura vision easier to learn.

Q: I can feel a shift in focus but I still can't see anything.

A: Try looking at different energy levels. You may be below or above what you are trying to see. Do this by varying the amount of energy you have in yourself, adding more or letting some go to adjust to different levels. It may feel like getting lighter or heavier. The more you practice, the easier this becomes.

Summary

Relax.

Look gently or feel with your mind.

Shift your focus to looking psychically.

Watch the movements and details of the aura.

Success

You can perceive the aura either visually or in your mind.

You can tell apart details in the aura.

You can see how auras affect personal communication.

Using Psychokinesis

Definition

Psychokinesis, less often called telekinesis, is the ability to move or affect matter with your mind. This includes all forms of affecting dice rolls, levitation, teleportation, etc.

Research has shown that psychokinesis does exist in some people. For details of scientific experiments, refer to the Journal of Parapsychology, in most large libraries. Most studies are done using random number generators, to get measurable effects. There are a few rare cases of objects levitating, vanishing, and other large occurrences, but these are notoriously hard to repeat and study.

This section investigates the causes, beliefs, and reality surrounding psychokinesis. It doesn't claim you can learn psychokinesis overnight, or even at all. If you have not learned any other ability yet, don't start with psychokinesis. Encourage your belief and experience by learning another first. Other abilities, especially ones such as empathy, are more easily accepted and learned. Then psychokinesis will be much easier.

Micro Psychokinesis

Affecting random numbers is called micro psychokinesis. It works on small events, and its results are only noticeable after collecting a large amount of data. This is the more common kind of psychokinesis.

A student practicing usually obtains better results with micro psychokinesis, because it's more easily caused, counted, studied, and believed. This doesn't lend itself to flamboyant demonstrations, but it is scientifically valid and quite real.

Macro Psychokinesis

Macro psychokinesis, which means making objects move or fly, is less common and more difficult to study in a research lab. It takes much longer to learn.

Learning Psychokinesis

The steps for doing psychokinesis are quite straightforward.

1. Remove all disbelief. "Do or do not. There is no try."
2. Choose the goal you want. This could be a dice roll, a hand of cards, or whatever.

3. Visualize that goal very strongly, being very confident that it can and will happen exactly as you want it to. "My will be done!"
4. Shuffle the cards, roll the dice, or do whatever is necessary to pick the event.
5. Check your results. Keep practicing.

Practice

Pay attention to your mood, distractions, day dreaming, beliefs, doubts, questions, and ideas. Practice with your eyes open or closed. Experiment with getting results immediately or later. Learn how each affects your results. Try working with objects that are already moving; it may be easier.

If you think a doubt interfered with getting your goal, then try again, and focus more on being confident. When you can clearly, confidently, and repeatedly visualize the goal you want, you will get better results. Encourage yourself. Celebrate your progress. Relax and rest.

Good results help overcome the rest of your doubts. The more you overcome the doubts, the easier it'll be to continue improving. This is one reason that practicing lots of micro psychokinesis will tend to help more than attempting macro psychokinesis. You can get good results a little at a time.

Doubt and Belief

Psychokinesis forces matter to match your thoughts. Therefore, thoughts of disbelief won't work, only thoughts of belief will. Because it is so important, most of the necessary learning relates to believing. Faith can move mountains (well, dice at least).

Psychokinesis does exist. Normal people do it. People who've gained control of the ability have no reason to believe that it doesn't exist. They've experienced it, and know that it exists. Society's disbelief no longer matters to them. Society's disbelief won't matter to you, either, once you've seen it with your own eyes and done it yourself.

Overcoming Doubts

You can overcome doubts by identifying them precisely, and then one by one challenging the incorrect beliefs. Once you make the challenge statements, repeat them to break the old habit and create a new supportive one.

Stating a new idea once or a few times isn't enough to change your inner beliefs. This usually takes a few months of repetition. There's no quick way to reprogram a thought habit.

If you haven't read the section at the beginning about beliefs, do so now. If you read it but don't remember much, reread it. Pay attention to the fears and challenge statements.

Any belief you have which you want to change, you can, by finding a logical challenge statement that directly contradicts the incorrect belief. This works for any area of life. When you choose what to believe based on a rational view of reality, your inner beliefs will gradually change to match the new view.

The methods just discussed can reprogram your habits to support a more realistic view of the world. It takes time, but it is necessary for success.

Results

People learning psychokinesis may find they explain away good results as chance, if they are doubtful, or accept the slightest variations as proof if they are overly enthusiastic. Both these trends should be kept in mind when looking over results. Statistical methods exist to show the probability that psychokinesis was involved. The methods are detailed in the statistics and measurement section below.

Someone with intense doubts may score a statistically valid score, but in the wrong direction for the experiment, or significantly less than chance. Similarly, a person who is confident, focused, concentrating comfortably, and enthusiastic may be able to produce consistent good scores.

In this way, success tends to create more success, and failure tends to create more failure. Each is a reinforcement of a belief. Challenge statements may be needed to overcome a trend of failure before it becomes too much of a habit. This can be frustrating, but success doesn't happen overnight. It happens by learning from failure.

Common Problems

Doubt: Reread this section. Other: You should have experience with previous skills by now; use that knowledge to figure it out.

Summary

Fix your beliefs so that disbelief will no longer interfere.

Choose the goal you want.

Visualize that goal very strongly.

Pick the event.

Check the outcome.

Practice, practice, practice. And did I mention, practice?

Success

If practicing micro psychokinesis, you can affect random number generators consistently.

If practicing macro psychokinesis, you can move objects on purpose when you choose.

Practice Month Two

Psychokinesis and its Effects

Effects of Psychokinesis

Chance Variations

The most common effects of psychokinesis are small variations in chance, such as dice rolls, card shuffles, and influence on electronics. These can help a person win a board game. They can force variation in a random number generator. They sometimes cause electronic equipment malfunctions, and often happen without us realizing it.

Retro Psychokinesis

Psychokinesis can also work backward in time.

The experiment uses a random number generator to produce a set of 1's and 0's and records them on floppy disk. While it occurs, a person is trying to force the results using PK. Another person then looks at the numbers to see whether there are more of a number than expected. Like the flip of a fair coin, there should be about half of each result.

In one form of the experiment, a person with PK is told to force 1's before the generator runs. Then it runs, a person checks the results, and the person has successfully forced extra 1's. This is normal cause and effect, as we understand it.

In the second form of the experiment, the number generator runs first and the results are recorded on floppy disk. Then afterward, the person is told whether to force it to produce extra 1's or extra 0's. The person makes an effort, and then someone looks at the already recorded results to see if it worked. And, it does a scientifically significant amount of time. Since the floppy hasn't been touched, the results must have been there all along, in the direction asked for.

No one, including top scientists, has been able to explain how that works. All they can prove is that it does work a significant number of times. For more details, look for studies on retro-psychokinesis in scientific parapsychology journals.

Levitation

Levitating objects is possible though rare. This can either be straight up, or moving the object across the room. For reasons probably tied to beliefs, this rarely happens when people are watching. Sometimes, though, a person will turn around just in time to see the object drop. It may account for some objects relocating across the room when no one moved them (this happens to a large number of people, in cases where it couldn't be just forgetfulness).

In my experience, objects spontaneously levitated or moved when I was daydreaming. Typically, I was relaxed, dreamy, unfocused, and mentally energetic. I don't know how long objects levitated. I only noticed them once they fell down with a bang. Other than general mood, I haven't discovered any details for causing movement on purpose.

Chimes rang indoors without wind, repeatedly (and just one chime at a time, not the whole set). A pan floated straight up and then dropped back down onto the same shelf. A cordless phone moved to a different corner of the room while I was awake in it but not watching. A spiral handset phone cord floated in the air in front of my eyes, until I thought, "That can't float!" at which point it promptly dropped to the floor. Some of these happened with friends in the room, and they agreed with my observations. I haven't learned to control them yet, though.

Teleportation

Teleportation, which means an object vanishes in one place and reappears somewhere else, is reported occasionally but is extremely rare. Since I don't have the ability, I can't teach it. I mention it here to help people research it.

Search carefully through parapsychology journals and publications. There are stories of psychic Chinese children who can cause flowers, pills, and other small objects to teleport on cue. There are stories of a Scottish man from hundreds of years ago showing up in Europe in the 1990s, very confused about what happened to his farm. There are stories of mediums who conjure small objects during seances.

Some of these have been researched in detail. Some are just reported as case studies. Because they aren't repeatable in a lab, they're difficult to verify

and prove. Also, it's very difficult to get studies of such controversial topics published in the United States. Search for psychic studies from Europe, Australia, Canada, China, and Russia.

Causes of Psychokinesis

Random Manifestations of Micro Psychokinesis

Psychokinesis most often manifests spontaneously and accidentally as microPK. The person may not notice microPK. Strongly wanting a dice roll or a particular hand of cards, can cause microPK to happen. This may account for a person's good luck or bad luck.

Random manifestation comes from a strong emotional desire. The desire motivates the ability, which then works subconsciously to bring about the goal.

Random Manifestations of Macro Psychokinesis

The other emotional state that often causes psychokinesis is high adrenaline. This can be anger, fear/terror, frustration, excitement, or pleasure.

Adrenaline psychokinesis can manifest in a big way: objects moving around, electronic equipment breaking, or a glass shattering. While this is impressive, it's usually not repeatable. It usually scares the person involved, although it's unlikely to hurt anyone.

This is also the ability sometimes responsible for poltergeist effects in homes. The poltergeist effects center around one person with an undisciplined psychokinetic ability and usually a lot of emotional upset and stress. The psychokinetic activity may be a way of releasing some of the stress or making it more obvious so it gets solved.

This may not account for all such cases, but it is the reason behind some of them. People who have troublesome psychokinetic activity should contact an agency with a good reputation in parapsychology - ask for their history and references - and get assistance there.

Random psychokinesis shows that the person does have a natural ability towards psychokinesis. If the person wants to do so, she or he may work on gaining control of the ability, and causing it on purpose in the intended fashion. Even if a person has not had random psychokinesis before, if he or she is willing to let it happen, it may eventually do so.

Intentional Manifestations of Micro Psychokinesis

Psychokinesis can also manifest on purpose. The easiest to study is micro psychokinesis affecting random number generators (RNGs) because scientists can measure the effect. Psychic research labs have identified people who can consistently affect RNGs.

Computer programs are becoming a possibility for an at-home lab with as much or almost as much control as a scientific lab. The best of these programs use true random numbers, generated from special hardware. Simpler programs use pseudo-random numbers, which can have patterns or repetition in them, and are harder or impossible to affect.

A cheap route to practicing micro psychokinesis is to use a fair die. See the section Statistics and the Z-Score for detailed experiments and how to interpret the results.

Intentional Manifestations of Macro Psychokinesis

Some people can also manifest macro psychokinesis on purpose. Most will not demonstrate it, or even let anyone else know they can do it. They would be harassed about the ability if they did. Don't expect any demonstrations.

In many cases, these people had random macro psychokinesis manifestations, and eventually discovered how to control them. They may not understand the ability or be able to teach it. Some methods for learning macro psychokinesis are discussed later in this page. Since few people can learn it easily, they aren't as tried and practiced as the other skills in this book.

A very large part of learning macro psychokinesis is belief. If a person believes that it can't happen, it won't. If they believe it might happen, then it might. If they can fully believe that it will happen, it will.

This is covered and explained in more details in the belief section. Disbelief is why macro psychokinesis is one of the more rare psychic abilities. It takes a lot to overcome the initial disbelief enough to manifest the ability a few times. Just like any other psychic ability, it can be learned if approached correctly.

Statistics and the Z-Score

Random Chance

A 6-sided fair die is equally likely to roll any of the numbers on it. So, the chance of rolling a particular number is 1 out of 6: it will show up approximately once out of every six rolls. Out of 30 rolls, a certain number would show up approximately 5 times.

If a number shows up much more or much less than that, then either the die is not fair (trick dice? weighted?), or something else, such as psychokinesis, is affecting the roll.

Having the correct number show up extra often is called psi hitting. It's also possible to have the correct number show up much too rarely, and this is called psi missing, meaning that psychic abilities cause you to miss more often than chance. It's just as important in studies as psi hitting, since it's still affecting the roll.

If you have a lot of psi missing, check that your thoughts are clear and free of doubts, and then try again. Sometimes an ability will just work backward of what's intended, and changing your approach can fix that.

Scientific Significance

The test of scientific significance measures how significant a certain result is. This is a common scientific method of proving a given theory based on experimental results.

It gives a percentage likelihood that the results of the experiment are due only to random chance. If there is less than a 5% chance that the results are due to random chance, then it is accepted as scientifically significant, meaning that the results could be due to psychic abilities.

The math behind it is somewhat complex, so the experiments listed on the following pages have simple tables to check your results. You won't need to do any math for them.

As an example, the significance test says that on 30 dice rolling trials, 8 or more rolls of the same number, or less than 2 rolls of the same number, are proof that something special is happening. That would mean that either the person is using trick dice, or psychic abilities are affecting the rolls.

For Science and Math People

If you are interested in more detailed math, the full z-score and probability formulas are available in the appendix of this book, with a description of how to use them. Also, check the Journal of Parapsychology for their statistical methods, which are much more detailed.

If you want to do more advanced analysis of your experiments, keep a list of exactly what the target was, and what your actual answer was. Write your name and the date on every experiment result. Keep all your results, even the ones

that you think you did badly on. Then find a professor of statistics or parapsychology and explain that you've done some experiments and you'd like to learn how to analyze the results. Most will be willing to help you out if you're patient and friendly.

Experimental Requirements

The explanation given here is for the purpose of doing simple parapsychology experiments at home. The charts will give you accurate results, as long as you are following the rules about how to use them. You can do different experiments from those listed, as long as chance is the same as listed here.

1. Chance needs to be one choice out of a set, with each choice equally likely.
2. You need to do enough trials to be able to use the chart. This is listed under each experiment. In general, you need enough trials to make the number correct by chance be at least five. So if chance is $1/4$, you need to do at least 20 trials, so chance would be 5 correct. If chance is $1/6$, you need to do 30 trials, so chance is 5 correct.
3. You need to keep track of how many answers were correct and how many incorrect.

Dice Experiment

Preparation

If you are using a normal die, chance is $1/6$ because there are six sides. The table below gives probability values for any results with chance $1/6$. You will be making 36 rolls.

You will be doing one set to test the die and another set to try out psychokinesis. The method for each is the same. It's important that you test the die first, so that if it's lopsided, you can find a better one to practice with.

Experiment

Here you will be trying to roll a 3. (You can pick any number, but these instructions will assume 3 for now.) Roll a single die, and record whether it came up as a 3. Repeat this for all 36 rolls. At the end, count how many 3's you had and find that number in the "Correct" column in the chart.

Results

If you are just testing the die, it should roll anywhere from four to eight 3's during that time. If it rolls differently from that, it's probably not a fair die. Try using a different one, especially a new one. If you are testing your psychokinetic ability, you need zero, one, or eleven, or more 3's to prove that

you did it. If you get more than thirteen 3's, then you've really proven it.

Probability Chart for 1/6 with 36 trials

Code: [Select]

+-----+			
Correct	Probability Value	Meaning	
+-----+			
0	Less than 1%	Very special	
+-----+			
1	Between 1% and 5%	Definitely special	
+-----+			
2	Between 5% and 10%	Maybe special	
+-----+			
3	Between 10% and 30%	Random chance	
+-----+			
4	Between 30% and 50%	Random chance	
+-----+			
5	Between 50% and 70%	Random chance	
+-----+			
6	Between 99% and 100%	Random chance	
+-----+			
7	Between 50% and 70%	Random chance	
+-----+			
8	Between 30% and 50%	Random chance	
+-----+			
9	Between 10% and 30%	Random chance	
+-----+			
10	Between 5% and 10%	Maybe special	
+-----+			
11	Between 1% and 5%	Definitely special	

12-36	Less than 1%	Very special
-------	--------------	--------------

Probability Chart for 1/6, with other trials

Code: [Select]

Number of Trials	Chance of 1/6	Necessary Correct for Significance	No more than <=	Or at least >=
30	5	1	11	
36	6	1	11	
48	8	2	14	
60	10	4	16	
96	16	8	24	
120	20	12	28	
300	50	37	63	
600	100	82	118	
1200	200	174	226	

Telepathy Experiment

Preparation

If you want to use a traditional ESP card deck with 5 shapes, or a set of 5 photos, chance is 1/5 because there are 5 cards. The table below gives

probability values for any results with chance 1/5.

The sender and receiver each need paper. You will be doing 30 trials. Record the time, your results, and whether you are sending or receiving, so you can match the results later.

The sender needs to choose which photo will be sent for each trial. In order for chance to stay 1/5, shuffle the stack of cards for each trial and draw one at random.

Experiment

The sender says the number of the trial (1-30), then selects and concentrates on a card. The receiver writes down which card it was and says, "Next." The sender should say the number before picking the card, so that voice intonation doesn't give anything away.

At the end, compare results and count the number of correct answers. Then find that number in the "Correct" column of the chart.

Probability Chart for 1/5 with 30 trials

Code: [Select]

+-----+		
Correct	Probability Value	Meaning
-----+		
0	Less than 1%	Very special
-----+		
1	Between 1% and 5%	Definitely special
-----+		
2	Between 5% and 10%	Maybe special
-----+		
3	Between 10% and 30%	Random chance
-----+		
4	Between 30% and 50%	Random chance
-----+		
5	Between 50% and 70%	Random chance
-----+		

6	Between 99% and 100%	Random chance	
7	Between 50% and 70%	Random chance	
8	Between 30% and 50%	Random chance	
9	Between 10% and 30%	Random chance	
10	Between 5% and 10%	Maybe special	
11	Between 1% and 5%	Definitely special	
12-30	Less than 1%	Very special	

Probability Chart for 1/5, with other trials
Code: [Select]

Number of Trials	Chance 1/5	Necessary Correct for Significance	
		No more than <=	Or at least >=
25	5	1	9
30	6	1	11
50	10	4	16
75	13	6	20
100	20	12	28
200	40	28	52

500	100	82	118
1000	200	175	225

Playing Card Experiment

Preparation

If you want to use a deck of playing cards and only consider the suit, change is $1/4$ because there are 4 suits. The table below gives probability values for any results with chance $1/4$.

Each person takes a piece of paper, and writes the numbers 1-24 on it. You will be doing 24 trials. Also put your name, the date, and the time on it.

Shuffle a deck of cards several times.

Experiment

Close your eyes and shuffle the deck of cards. At some point, stop shuffling. Decide which suit the top card is, and write it down. Then turn over the card, and record the actual suit. For the next trial, shuffle the deck again (this assures that chance stays $1/4$).

At the end, compare results and count the number of correct answers. Then find that number in the "Correct" column of the chart.

Probability Chart for $1/4$ with 24 trials

Code: [Select]

Correct	Probability Value	Meaning
0	Between 1% and 5%	Definitely special
1	Between 10% and 30%	Random chance
2	Between 10% and	Random

	30%	chance	
3	Between 50% and 70%	Random chance	
4	Between 99% and 100%	Random chance	
5	Between 50% and 70%	Random chance	
6	Between 10% and 30%	Random chance	
7	Between 10% and 30%	Random chance	
8	Between 1% and 5%	Definitely special	
9	Less than 1%	Very special	
10-24	Much less than 1%	Very special	

Probability Chart for 1/4, any trials
Code: [Select]

Number of Trials	Chance 1/5	Necessary Correct for Significance	
		No more than <=	Or at least >=
20	5	0	9
24	6	1	11
40	10	4	16

80	20	12	28
-----+-----+-----+-----			
100	25	16	34
-----+-----+-----+-----			
200	50	38	62
-----+-----+-----+-----			
400	100	83	117
-----+-----+-----+-----			
1000	250	223	277
-----+-----+-----+-----			

Magick

Definition

Magick, in this context, refers to using rituals, objects, or habits to cause changes, either in a person's mind and attitude, or in the world. It may involve invoking a higher power to do work for you, or using a ritual to bring forth power within you to do work.

Some religions use magical ceremonies for blessings, rites of passage, and recognition. Examples would be baptism, communion, weddings and hand-fastings, prayers, rain dances, and some superstitions.

Traditions

The traditions around magick vary greatly. Most Christian traditions have magical ceremonies of various sorts, conducted by the priest or pastor, and involving sometimes an entire congregation. They may not be referred to as magick, but the rites fit the definition, involve God's power in some way, and have a purpose in the minds of the people involved.

Most Christian traditions restrict the use of magick to only religious officials, and only in the ways defined by the church. They discourage general people from pursuing psychic perceptions, and especially from practicing ritual magick without the church.

Other religions, such as Wicca, are much more open about who can use magick. Wicca is a nature-loving religion with a God and a Goddess. Its basic message is as long as you harm no one, do whatever you want. It supports the use of rituals to help you think differently, to accomplish things, and accepts the existence of psychic perception.

There are many other religions that support psychic abilities and ritual

magick.

Magick and Psi

Magick and psychic abilities are related but somewhat different. Psychic abilities come entirely from within, and are generally under the control of the person involved. Magick can come from within or from other sources, and may or may not be entirely controlled.

They are two similar but different ways of causing changes in the world. They often work well together, because ritual is especially helpful for setting a mood that psi will work in.

Giving Readings

Definition

Giving psychic readings to friends can be fun. This includes all methods of telling the future, describing the past, learning about a distant place, practicing telepathy, and any other psychic use you can imagine.

Responsibility

Decide, before starting, how much responsibility you are taking for what the person does with the information.

Is it "for entertainment purposes only?" Do you expect your advice to be followed? Do you want your advice to be followed, or just noted and observed? How confident are you of what you are saying? If what you are saying is wrong, how will you expect the person to respond to you?

There are no wrong answers, just consider the questions before you start giving readings. Make your expectations clear to the person receiving the reading. You can place as much or as little importance as you want on the your answers, as long as you communicate the importance.

Reasons

Consider, also, the reasons you want to give readings. This isn't to determine right and wrong reasons; it's just to understand what your goals are.

Do you want to:
practice perceiving?
help people out?
encourage discussion?

prove that psi exists?
test your abilities for yourself?
have fun?
try something new?
feel closer to people?
understand the world or people better?
learn?

Once you've determined why you want to do readings, you'll have a much clearer idea of what you're aiming for. You can keep your reasons totally to yourself. It just helps you to understand them.

Confidence

Confidence is very important when giving readings. It helps prevent anxiety, and keep you relaxed. This is the main reason readings are classified as Advanced rather than Beginner.

To stay confident, avoid verification until the end of the reading. It prevents comments from distracting you or making you analyze too soon. After you have given all the information you can, then the person getting the reading can verify how much seemed accurate.

Methods

There are many methods for doing readings, such as runes, tarot, dice, cards, I Ching, angel oracle, freeform telepathy, and others. Learn the history and common uses of a method before using it. Anything that gives you good results is a good choice.

Verification and Proof

Regardless of the method used, once the information is recorded, it's useful to determine which parts were correct. You should only do this after all impressions are recorded, so it doesn't influence the results.

Check details carefully, for colors, sizes, shapes, similarities, word sounds, and other things that may match. Watch out for the extremely general things that don't provide useful information. "You will have difficulty tomorrow" is too general. "You will have trouble with your car at lunch time" is not general; it's very specific and easily proven.

It's ok to be inaccurate at first. You will improve with time and practice. Give at least three months of readings before deciding whether you are

generally accurate or not. If possible, keep records of each reading and how much of it proved correct. That way, you can see your progress over time.

Summary

Identify the purpose of the reading and questions.

Choose a method for giving the reading.

Use the method by its instructions.

Check accuracy after completely finished.

Games and Practical Uses II

Combining Abilities

Practical uses of psychic abilities rarely involve only one ability. For that reason, I'm grouping together the abilities that are frequently used together, and listing some of their common uses. There will always be more uses for them than I can list; be creative, try things, and see what works for you.

Aura Vision and Aura Healing

These abilities can show the emotional state and overall health of a person, animal, or plant. They can help diagnose medical problems, areas needing attention or energy, relieve cramps, assi

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September 05, 2005, 05:10:53 PMReply #1

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339

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nice kobok but did you just copy and paste this from the website playful pschic or did they get it from you?

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September 06, 2005, 11:59:35 PMReply #2
kobok
Tech Team
Posts By Osmosis

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5000
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174
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Re: Playful Psychic, Advanced Skills (by Skywind)
Quote from: psychicT0201 on September 05, 2005, 05:10:53 PM
nice kobok but did you just copy and paste this from the website playful pschic or did they get it from you?

This is an article written by Skywind, and posted here with her permission, as it says at the end of the first article in this series.

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July 07, 2007, 09:22:21 AMReply #3
Enchia
Posts By Osmosis

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1018
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Re: Playful Psychic, Advanced Skills (by Skywind)
I have a question about the astral projection techniques explained in the article. I astral projected to my current location and viewed myself astrally (I think) then I used visualisation to cause a breeze of wind which I noticed on my skin. I was wondering if this was a sort of astral projection because I felt like I was viewing me from a distance and I look like a daydream. Was this an astral projection???

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July 07, 2007, 12:29:32 PM Reply #4
kobok
Tech Team
Posts By Osmosis

Offline

Veritas Council
5000
Karma:
174
Personal Text
Veritas Council
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Re: Playful Psychic, Advanced Skills (by Skywind)
Quote from: Enchia on July 07, 2007, 09:22:21 AM
Was this an astral projection???

That depends on your choice of definition. The definition Skywind uses here for astral projection will not necessarily equal the definition used by other authors elsewhere, since there are a wide variety of definitions for that single term.

One good test to make sure your projection experience is a genuine psi experience is to use it to observe something that you would not otherwise know about. This will help you identify real experiences, so I recommend this highly.

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Author Topic: Playful Psychic, Appendix (by Skywind) (Read 9416 times)

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Playful Psychic, Appendix (by Skywind)
Playful Psychic, Appendix

by Skywind

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Appendix

A - Summaries and Worksheets

B - Z-Score and Probability

C - Scientific Organizations

Appendix A: Skill Summaries

Skill Summaries

Grounding

Let go of old energy and tension

Anchor to the ground

Balance your energy

Centering

Ground your energy

Recognize yourself and your thoughts

Recognize thoughts imposed by others

Focus on yourself

Drawing Energy

Ground and Center

Choose a source

Pull in energy

Balance yourself

Creating Psiballs

Ground and Center

Draw energy

Shape the energy

Notice any sensations

Shutdown
Ground and Center
Relax, focus on something fun

Shielding
Ground and Center
Choose the shield's purpose
Draw energy
Swirl it around you until stable
Let go

Empathy
Create a connection to the target
Strengthen the connection
Receive and navigate
Disconnect cleanly

Telepathy
Create and strengthen a link
Receive or send through the link with detailed images
Close the link gently

Astral Projection
Choose a location
Daydream about the location to get there
Explore and receive
Practice changing things
Explore others' areas
Return to the physical world

Aura Vision
Relax
Look gently or feel with your mind
Shift your focus to looking psychically
Watch the movements and details of the aura

Psychokinesis

Fix your beliefs so that disbelief will no longer interfere
Choose the goal you want
Visualize that goal very strongly
Pick the event
Check the outcome
Practice, practice, practice. And did I mention, practice?

Appendix B: Z-SCORE and Probability

There are four important statistics regarding the experiments described in this book. They are arithmetic mean, standard deviation, z-score, and probability. This section discusses each in detail, including how to calculate them.

Arithmetic Mean

Arithmetic mean, or average, is (in this situation) the number of hits expected by chance alone.

Mean = (Total trials) * (Chance expressed as a fraction)

For instance, if there are 30 total trials, and there are 5 cards, then chance is $1/5$. The mean is $30 * (1/5) = 30/5 = 6$. If there are 78 trials, and 5 cards, the mean is $78 * (1/5) = (78 / 5) = 15.6$.

Standard Deviation

Standard deviation describes the amount that scores would vary by naturally. It is directly based on the chance value for the situation. The formula here is used only when chance is a known value, such as $1/4$, or $1/5$, or some other fraction.

Standard Deviation = square root (mean / 2)

For example, if there are 30 trials, and $1/5$ is chance, the mean is 6. To calculate the standard deviation, take the mean divided by two = $6/2 = 3$, and find the square root of that. The square root of 3 is 1.73. Therefore, one standard deviation is 1.73.

If there are 78 trials, and $1/5$ is chance, the mean is 15.6. That divided by two = $15.6 / 2 = 7.8$. The square root of 7.8 is 2.79. Therefore, one standard deviation is 2.79.

Z-Score

Z-Score describes how far a score is away from the mean, measured in standard deviations. For the score line below, assume 30 trials, chance 1/5, mean 6. Each section marked SD measure the distance of 1 standard deviation.

If you actually got 1 hit, instead of the expected 6 hits, your score would be about 3 standard deviations away. That would mean your z-score was 3. The z-score can be a decimal value, rather than just an integer (for the score of 4 hits, as an example). The formula for calculating it exactly is as follows.

$$\text{Z-score} = (\text{Actual hits obtained} - \text{Expected Mean}) / (\text{standard deviation})$$

So in this case, $\text{z-score} = (1 - 6) / 1.73 = -5 / 1.73 = -2.89$. The negative sign indicates that you got fewer hits than expected; you psi-missed instead of psi-hit. The value of the z-score is more important than the direction.

The z-score becomes a more accurate measure as the number of trials gets large. It's best used when the mean is at least 10, and all the better if the mean is in the thousands (such as with computerized random number generators). Since the amount of effect that PK has been studied to have is somewhere between 1 in 100 bits, to 1 in 1000 bits, it's best if you can do several hundred trials with a random number generator, in order to measure your effect.

Probability of Z-Score

Probability of the Z-score is the percentage chance of that z-score being due to random chance alone, and not to your efforts. It is the measuring stick of proof for scientific experiments. You need a 5% probability or less that the results are due to chance, in order to have proven an effect. Some experiments have even more rigorous requirements; a probability of 1%, or of 0.1% as proof. You must get down at least to 5% to begin with.

The actual probability formula involves calculus and would be difficult to explain here. Instead, I've provided a table showing the important range of z-scores and probability values. Two important significance levels: a z-score of 1.65 or greater means the probability is 5% or less. A z-score of 2.33 or greater means the probability is 1% or less.

Formula Summary

$$\text{Mean} = (\text{Total trials}) * (\text{Chance expressed as a fraction})$$

$$\text{Standard Deviation} = \text{square root} (\text{mean} / 2)$$

Z-score = (Actual hits obtained - Expected Mean) / (standard deviation)

Z-Score / Probability Lookup Table

Code: [Select]

+-----+		
Z-Score	Probability	
+-----+		
0.00	50%	
+-----+		
0.25	40%	
+-----+		
0.52	30%	
+-----+		
0.84	20%	
+-----+		
1.04	15%	
+-----+		
1.28	10%	
+-----+		
1.41	8%	
+-----+		
1.65	5%	
+-----+		
1.75	4%	
+-----+		
1.88	3%	
+-----+		
2.05	2%	
+-----+		
2.33	1%	
+-----+		
2.58	0.05%	
+-----+		
3.09	0.01%	
+-----+		
3.29	0.005%	
+-----+		
3.72	0.001%	
+-----+		
4.26	0.0001%	
+-----+		
Above 4.26	Incredible	
+-----+		

Appendix C: Scientific Organizations

Many organizations have publications available to members at lower costs or for free. They also often provide library or research services of various sorts. The publications and services listed are, obviously, an incomplete list.. Typical yearly memberships are \$30-\$70 US, with discounts available for students, spouses, and senior citizens.

Contact the organization you're interested in for up to date membership and publication costs.

Code: [Select]

+-----+	
Organization	Publications and Services
+-----+	
American Society for Psychical Research, Inc.	Journal of the American Society for Psychical Research
5 West 73rd Street	ASPR Newsletter
New York, New York 10023	Information Service for hard-to-find resources
USA	Research Library and Archives
Phone (212) 799-5050 / Fax (212) 496-2497	Audio, Video & Book Sale
Web address: http://www.aspr.com/Catalogue	

Consciousness Research Laboratory	The Conscious Universe
CA	
USA	
Web address: http://www.psiresearch.org/	
index.htm	
Global Consciousness Project	International Data Gathering and Analysis
Web address: http://noosphere.princeton.edu/	
	Results Online
Institut f?r Grenzgebiete der Psychologie und Psychohygiene	Research Papers and Abstracts
	German Language Information
Wilhelmstr. 3a	

D-79098 Freiburg i.Br.

Phone: 0761-20721-0; Fax 0761-20721-99

FREIBURG, GERMANY

Web address: <http://www.igpp.de/>

Japanese Society for Parapsychology
Parapsychology

29-24-204 Sakuragaoka
Tokyo

Shibuya-ku Tokyo 150-0031

JAPAN

Phone Number: +81-3-3496-4353

Fax Number: +81-3-3496-4391

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Web address: http://wwwsoc.nacsis.ac.jp/jspp2/index_e.htm	
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Department of Psychology, University of Edinburgh	In-depth online articles, abstracts
7, George Square, Edinburgh EH8 9JZ	
United Kingdom.	
Telephone: +44 (0)131 650 3348	
Web address: http://moebius.psy.ed.ac.uk/index.html	
Parapsychological Association, Inc.	Publication of Members' Articles
PO BOX 797	Conventions

Fairhaven, MA 02719

Science Papers Online

USA

Web address: <http://www.parapsych.org/>

Parapsychology Foundation, Inc.

Parapsychology Review: Official
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Conferences

Web address: http://www.parapsychology.org/home.html	Parapsychological Monographs
Princeton Engineering Anomalies Research	Margins of Reality: The Role of
World C-131, Engineering Quadrangle	Consciousness in the Physical
Physical Princeton University	Consciousness and Anomalous
	Phenomena.
Princeton, NJ 08544	Articles and Studies
USA	
Phone: (609) 258-5950 Fax: (609) 258-1993	
Web address: http://www.princeton.edu/~pear/	
Rhine Research Center	Journal of Parapsychology

Institute for Parapsychology	Summer Study Program
402 N. Buchanan Blvd.	Library
Durham, NC 27701-1728	Online articles
USA	
Tel. 919-688-8241 Fax 919-683-4338	
Web address: http://www.rhine.org/	
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	Research
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	Cassettes of Lectures
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Web address: http://moebius.psy.ed.ac.uk/~spr/	
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Author Topic: Glossary of Psi Terms (Read 10114 times)

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December 27, 2004, 03:53:08 AMRead 10114 times

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

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Glossary of Psi Terms

Glossary of Psi Terms

The following glossary defines these terms as they are used within the paradigm of psi. Some of these terms have different, yet similar definitions in other paradigms, but this glossary focuses on the usage within psi.

Actualization - The final step in which a psi effect is made to actually occur.

Analytical Overlay (AO) - Cognitive noise or imagination which interferes with accurate

reception of information with psi.

Astral Plane - See "Psi Domain".

Astral Projection (AP) - See "Psionic Projection".

Block - A mental, constructual, or energetic condition which interferes with the ability to perform a psi ability.

Broadcast - The psi energy emitted from a person, place, or object which could be passively sensed.

Clairaudience - Hearing a current event using psi.

Clairvoyance - Visualizing a current event using psi.

Connecting - Establishing a conceptual conduit through which psi energy can flow to another person, place, or thing.

Conceptual Domain - The domain of existence in which constructs, intents, and ideas manifest and interact.

Construct - A conceptual structure which gives form and properties to psi energy, through which psi energy flows, and which manifests the intent of the psion.

Domains - The conceptual, energetic, and physical domains are the three major interacting divisions of existence.

Empathy - The telepathic perception of emotions.

Enchant - To attach a psi construct to a physical object.

Energetic Domain - The domain of existence in which the various types and substances of energy interact.

Energy - In the context of psi, the essence through which all psi information travels, and through which all psi effects are performed.

Ethereal Projection (EP) - See "Soul Separation".

Extra Sensory Perception (ESP) - Receiving information through the use of psi.

Filter - To remove constructs or to cleanse of constructs.

Focal Meditation - A form of meditation in which one focuses completely on one specific thing.

Future Selection - Causing an effect with psi by the process of choosing and actualizing a future.

Ground - To cleanse the psi energy in a person or area.

Intent - The mental impetus which specifies the desired effect of a psi ability.

Internal Overlay - A condition impairing the performance of psi in which the psion is only emulating the steps for performance of psi in the brain without actual usage of the soul to perform psi.

Kinet - To bring about a change in the physical domain using psi.

Kinesis - The use of psi to cause a change in the physical domain.

Kinetics - The category of psi abilities in which an effect is caused in the physical domain.

Linking - [See Connecting]

Macropsychokinesis (Macro PK) - Psychokinesis which causes directly observable results.

Meditate - To enter a controlled mental state.

Micropsychokinesis (Micro PK) - Psychokinesis which causes results only observable through statistical analysis.

Mind - The combined essence of ones cognitive abilities and spiritual essence. The union of the brain and the soul.

Out of Body Experience (OBE / OOB) - See "Soul Separation".

Parapsychology - The scientific study of psi.

Physical Domain - The conventional domain of existence which extends throughout length, width, height, and time.

Precognition - Using psi to perceive a future event without prior knowledge of its occurrence.

Psi - 1. Mental abilities which interact with the physical world without the use of the five senses or the physical body. 2. Of or pertaining to these abilities. 3. The energy used to perform these abilities.

Psi Domain - The union of the conceptual and energetic domains.

Psiball - A spherical construct of psi energy.

Psion - One who performs psi.

Psionic - Of or pertaining to psi.

Psionic Projection - The extension of the self into the psi domain, with interaction occurring within the psi domain.

Psionics - The art, study, and philosophy of psi.

Psychic - 1. Pertaining to mental abilities which interact with the physical world without the use of the five senses or the physical body. 2. One who is capable of such actions.

Psychokinesis (PK) - See "Kinesis".

Psychometry - The use of psi to receive information relating to an object or the owner of an object while having physical contact with the object.

Remote Viewing (RV) - Performing clairvoyance according to a specific experimental protocol.

Retrocognition - Using psi to perceive a past event without prior knowledge of its occurrence.

Scanning - Using psi to receive information about a person, place, or thing.

Sensing - The category of psi abilities in which information is received.

Shield - A psi construct which blocks other psi effects or perceptions.

Soul - The part of ourselves which performs psi, which separates from the body during out of body experiences, and which continues existing after the death of the physical body.

Soul Separation - Leaving the physical body with the soul such that the center of being, awareness, and presence is outside the physical body, and all perception is viewed from outside the physical body. Soul separation takes place in the physical domain, and is also called an "Out of Body Experience".

Spell - 1. A complex psi intent, often similar to future selection. 2. A triggered event utilizing psi abilities.

Telekinesis (TK) - See "Kinesis".

Telepathic suggestion - Using psi to implant information or ideas in one or more peoples' minds, usually without their conscious awareness.

Telepathy (TP) - The direct exchange of ideas and information between two or more minds.

Trigger - 1. A construct which causes a psi effect to occur under a certain condition. 2.

A mental stimulus which helps one form a specific psi construct.

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December 27, 2004, 04:12:17 PMReply #1

Koujiryuu

Teacher Emeritus

Posts By Osmosis

Offline

Scholar-Warrior

1340

Karma:

101

Personal Text

内功。導引

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Glossary of Psi Terms

An excellent compendium. The only thing I can see that's slightly incorrect is the definition for "parapsychology", being that it isn't just the scientific study of *only* psi, but any paranormal phenomena. Useful.

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Gone from Veritas forever. Blame the staff.

December 27, 2004, 09:52:22 PMReply #2

kobok

Tech Team

Posts By Osmosis

Offline

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5000

Karma:

174

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Glossary of Psi Terms

I find that parapsychology is mostly used to refer primarilly to the study of mental or psychological abilities beyond the conventional. While dictionary.com and wikipedia

definitions aren't always the most accurate for terms in this field, in this case they do agree with the psi definition, although worded in their own way. In addition, this lets the term remain a bit better defined than referencing the paranormal, since the word paranormal is unfortunately defined more in terms of what it is not, rather than what it is. I intend to update this list with time as I find better definitions and find new words that need added.

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January 16, 2005, 11:37:53 AMReply #3

Dhark Dragon

New Member

Offline

*

Greenhorn

2

Karma:

0

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Greenhorn

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Glossary of Psi Terms

Nice, neat summary form useful for printing out and referring to

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Author Topic: The True Nature of Psi (Read 59078 times)

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October 11, 2004, 01:23:53 AMRead 59078 times

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

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The True Nature of Psi

The True Nature of Psi

Introduction

This article is intended to clear up the common misconceptions which exist about the nature and mechanisms of psi. This article first disputes common ideas about psi which are contradicted by the scientific evidence, and then attempts to present a more reasonable description of how psi operates. The proposed description corresponds to the experiences of performing psi, and does not contradict the scientific evidence about the properties of psi.

Psi and Electromagnetism

The strongest pieces of evidence that psi is not electromagnetic are the following items from controlled studies (all of which can be found in the scientific literature at a good library, or you can check the references at the end *):

1. Psi cannot be shielded by a faraday cage, lead wall, concrete wall, or by large amounts of dirt. Electromagnetic radiation, by comparison, is shielded by each of these.
2. Psi does not change in effectiveness or targetting with distance. Electromagnetic radiation, by comparison, weakens in strength by one over the distance squared, or in the case of directed radiation suffers an identical weakening of aiming.
3. Psi does not change in effectiveness when the subject and target are placed forward or backward in time with respect to each other. Electromagnetic radiation, by comparison, only ever moves forward in time from source to destination.

The two most common misconceptions seem to be, firstly, that ultra low frequency electromagnetic radiation fits the scientific evidence. It of course does not. It does remedy most of the problems with item 1 above, but does not at all address items 2 and 3. The second common misconception is that somehow "biochemical", "bioelectric", or "biomagnetic" energy can remedy these problems. This is not the case, because each of these three things are nothing more than electromagnetic interaction in living objects, and thus are subject to the same conditions as above.

All of currently known physics consists of four known forces, the strong, weak, electromagnetic, and gravitational forces. Not one of these four forces even closely fits the known scientific evidence of how psi functions. As a consequence, it must be concluded that psi functions by means of a medium which is not due to one of these four forces. At present, no accepted theory exists in physics which can accomodate these properties. In order for physics to explain the mechanism of psi, it will need to expand beyond its current level of knowledge.

Psi and the Brain

In addition, I would like to address the often proposed theory that psi is a function of the physical brain. First, the most obvious counterargument for this is that the physical brain is a biochemical organism which processes information by electrochemical impulses. Thus the entirety of the brain's function is electromagnetic, and falls directly under the conditions described above which prohibit psi from being due to electromagnetism.

The second counterargument for psi as a function of the physical brain is that information in psi seems to be received and transmitted at a conceptual level, rather than exclusively at a linguistic or visual level. In order to explain this as a function of the physical brain, there would have to be something fundamental about the wiring of each concept in each person, yet we know from neuroscience that there are enormous variations in how concepts are stored in each brain. Each concept is stored as a collection of neurons throughout the brain being activated simultaneously, and which collection of neurons are activated is different for each person. As a consequence, the brain does not have a conceptual standard for relaying this information. Therefore, psi information must be relayed by something which can convey conceptual information directly, and this is not the brain.

So What is Psi?

The essence of the human mind can be divided into two categories, the physical brain (an electrochemical organism) and a non-physical component which is not restricted to spatiotemporal interaction. The standard English term for the non-physical component of the self is the "soul", and by the above argument it must be this non-physical component which is responsible for psi.

I define the soul as "the part of ourselves which performs psi, which separates from the body during out of body experiences, and which continues existing after the death of the physical body."

From the conditions imposed by out of body experiences, we know that the soul must be separable from the body. In addition, from the experiments involving use of psi across distances and across time, we know that the soul must be able to extend and relocate itself throughout space and time without regard for the amount of intervening distance or time, and without regard for any physical barriers placed in between two positions.

From the understanding of how telepathy functions, it can be deduced that the soul is capable of processing conceptual information, yet in a significantly different way than the brain processes information. A thorough understanding of this can only be achieved by experiencing it, but a rudimentary description can be made. The brain processes information by considering options, weighing lessons learned from past experiences, and then eventually a response becomes active. By comparison the soul

becomes shaped by the experiences of living, and decisions in the soul just "are".

The soul can be considered to be more "us" than the brain, as the soul is the more lasting and central component of our identity. This is similar to the argument which says that the brain is more "us" than the arm.

The abilities of psi: sensing the world, changing the world, and communicating with others, are all exclusively performed by the soul. However, the physical brain has a key role in this, as it holds the conscious and subconscious thoughts which shape, direct, and interpret the performance of psi.

When psi is performed in a controlled manner, the psion forms an intent or plan in the conscious mind, and then forms this intent in the soul, perhaps with the assistance of the subconscious mind. In the case of the sensing abilities, the soul receives conceptual input which is then passed into the physical brain for interpretation by the brain. Psi abilities can also occur in a less controlled fashion, as the soul, being more central to who we are, can perform psi without the instruction or guidance of the brain.

In either case, however, the actual performance of psi is done by the soul, and the brain is left to guide and interpret the soul, just as the soul in turn guides and learns from the brain.

* Example references covering the three points

"The Conscious Universe" by Dean Radin, 1997 (page 16)

"Extra-sensory Perception After Sixty Years" by J.G. Pratt, J.B. Rhine, et al. 1966 (pages 325-326)

"The Physical Basis of Intentional Healing Systems" by Roger D. Nelson (pages 17-18)

"The Speed of Thought: Investigation of a Complex Space- Time Metric to Describe Psychic Phenomena" by E. Rauscher and R. Targ, 2001 (page 1)

« Last Edit: January 11, 2008, 01:02:19 AM by kobok »

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October 11, 2004, 01:29:42 AM Reply #1

Athiril

Veritas Furniture

Offline

Reverend Lucious

468

Karma:

0

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The True Nature of Psi

Rated 3 for leaving out facts, and taking one side over another, you seem to have your idea of psi set in stone, and will not accept anything else.

in point 1) none of those things block out the entire EMR spectrum.

in point 2) there is plenty of explanation for that, including everything is connected to everything else, quantum mechanics/physics.

in point 3) past, present, and future, all occur in the same instance.

Oh yes, psi could be EMR, if so, like light, it could have a dualistic nature, like how sometimes light behaves like a wave, and sometimes like a particle.

Logged

[photodan.com.au](#)

October 11, 2004, 02:02:03 AM Reply #2

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

Veritas Council

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The True Nature of Psi

Athiril: Your rebuttal #1 is addressed immediately below that section of the article.

Your rebuttals #2 and #3 do not correspond to actual physics. Entanglement of particles with each other ends upon contact with the surrounding environment, and entanglement cannot pass information superluminally (see EPR experiment), nor does it remedy the aiming or strength issue of #2. As for #3, past, present, and future are by definition different instances, and this is very definite in the behavior of electromagnetism and the other known forces of nature. Only to the soul do the differences between these become irrelevant.

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October 11, 2004, 08:27:19 AMReply #3
Rafnul!
Veritas Moderator
Posts By Osmosis

Offline

he-who-posts-lots
1084
Karma:
30
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The True Nature of Psi
I enjoyed it. I personally would have chosen to describe the soul in broader terms, being the immaterial portion of the self, but you're a scientist not a philosopher so I suppose I can understand this.

Logged
October 11, 2004, 08:28:59 AMReply #4
kakkarot
Posts By Osmosis

Offline

0. The Fool... Inverted?
2701
Karma:
3
Personal Text
Pirate "Not-A-Mod" BoB
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The True Nature of Psi
It seems that there might be some confusion on Kobok's point #1, so let's see if I can rephrase it to more clearly convey the understanding.

Various "things" will block out various ranges of the electromagnetic spectrum - ie all the stuff kobok listed in the article - but there is not one thing which blocks out the entire electromagnetic spectrum (Athiril's point). However, due to the fact that psi is not blocked in the least by any of those things, it can be easily inferred, especially given points 2 and 3 by kobok, that psi is not electromagnetic in nature and is not propagated via electromagnetic waves. Or at least, not any part of the electromagnetic spectrum as we currently know it to be.

Is that clearer?

Logged

Philippians 2:5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be grasped, 7 but made himself nothing, taking the very nature of a servant, being made in human likeness.

October 11, 2004, 09:01:47 AMReply #5

Samael

A Familiar Feature

Offline

Veritas Furniture

220

Karma:

1

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The True Nature of Psi

I thought this article was extremely biased, neglected to explain rivaling viewpoints with any degree of coherency. Your negligence to provide documented studies really hinders the overall effectiveness of your arguments; the reader doesn't know if it's true or false. You need to add a bit more sustenance.

Logged

October 12, 2004, 07:00:17 AMReply #6

Silverdawn

Posts By Osmosis

Offline

620

Karma:

2

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The True Nature of Psi

Four stars because of the clear and interesting writing style, with the final star missing not really because of your arguments but because it's not *my* truth entirely. Worthy addition though, good stuff.

Logged

October 12, 2004, 05:47:22 PMReply #7

Lightbringer

Posts By Osmosis

Offline

Has a lot of posts

793

Karma:

0

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Spiritual Warrior

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The True Nature of Psi

I found the arbitrary description of the soul (or even the mention of the soul) very out of place in an article written with a scientific approach. You also neglect to look at what other body parts could contribute to the control of psi. The body is not made of isolated units, but you seem to be caught in the need to find one specific body part that controls psi, so much so that you've fallen back on a body part that is not known to exist. This wasn't so much an article about the true nature of psi, but just an article about what psi isn't: EMR. Not much substance overall in my own opinion.

Logged

The thing that really fascinates me about people is their ability to have no idea what's going on even though it's going on in plain sight all around them and the even more amazing tendency to argue violently when one of these obvious things is presented to them.

October 12, 2004, 07:34:47 PMReply #8

kobok

Tech Team

[Posts By Osmosis](#)

Offline

Veritas Council

5000

Karma:

174

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Veritas Council

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The True Nature of Psi

Lightbringer: The body is composed entirely of electromagnetic interaction. All chemical interactions are electromagnetic interaction. There is nothing else in the physical body besides this, thus we must look elsewhere. The point I am making here is that it's not more scientific to claim that psi is due to a known element of physics, because that contradicts the evidence. Thus the only scientifically valid claim is to consider psi due to another medium beyond known physics.

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October 12, 2004, 10:17:56 PMReply #9

Lightbringer

Posts By Osmosis

Offline

Has a lot of posts

793

Karma:

0

Personal Text

Spiritual Warrior

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The True Nature of Psi

Yes, but your claims about the "true nature of psi" are guesswork. Pure and simple.

Logged

The thing that really fascinates me about people is their ability to have no idea what's going on even though it's going on in plain sight all around them and the even more amazing tendency to argue violently when one of these obvious things is presented to them.

October 13, 2004, 01:47:04 PMReply #10

Zake

Posts By Osmosis

Offline

Veritas Staff

1722

Karma:

1

Personal Text

Veritas Staff

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The True Nature of Psi

Not guesswork at all, it seems to me. Its very vague in some respects, yah... however, what it does say is well thought out and backed up. Really, we don't know all that much about psi in either case, when it comes down to it, so empty vagueness is to some degree called for, I guess.

And the misconception of psi being EMR-based has arguably existed longer than the concept of psi itself, so its great to see a rebuttal of that alone :cool:.

Logged

Act; for the universe will never forget your movement, nor will it ever forgive your stillness.

October 16, 2004, 06:48:55 PMReply #11

DarkInferno

New Member

Offline

*

Greenhorn

1

Karma:

0

Personal Text

Greenhorn

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The True Nature of Psi

When giving an explanation of something like that to help out people who don't yet understand it you need to show less favoritism, you need to look at both sides and give you explanation of it objectively and not try and force people into taking your side and believing that it is the only way.

All in all it was a good article, you showed that you knew what you were talking about the favoritism was the only thing that brought it down.

Logged

October 18, 2004, 04:29:22 AMReply #12

Koujiryuu

Teacher Emeritus

Posts By Osmosis

Offline

Scholar-Warrior

1340

Karma:

101

Personal Text

内功。導引

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The True Nature of Psi

It isn't "favoritism" as no people were involved. He proved a point that a lot of people don't necessarily agree with because they are deluded, and he did it logically through the medium of science and reason. He didn't force anything on anyone, he only proved

a good point. Excellent article kobok.

Logged

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Gone from Veritas forever. Blame the staff.

October 19, 2004, 01:00:13 PMReply #13

Prophecy

Teacher Emeritus

Posts By Osmosis

Offline

Theurgist

1237

Karma:

80

Personal Text

Veritas Teacher

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The True Nature of Psi

He proposed an idea and provided supporting facts by which one could deductively conclude his view on the matter.

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<http://www.thedivinescience.org>

October 22, 2004, 12:21:12 PMReply #14

DarkWaterMoon

Posts By Osmosis

Offline

Has a lot of posts

589

Karma:

-2

Personal Text

Has a lot of posts

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The True Nature of Psi

This article is quite biased but has some good facts. I give it 2 stars.

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Author Topic: The True Nature of Psi (Read 59256 times)
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October 27, 2004, 09:21:10 AMReply #15
kobok
Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

Personal Text

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The True Nature of Psi

The point of course was that the evidence clearly and overwhelmingly supports one side. If the evidence is not impartial, then neither will my article be, since the goal is to get closer to the true fundamental nature of psi.

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October 28, 2004, 03:41:14 PMReply #16

Fightingwarrior

Settling In

Offline

*

Greenhorn

13

Karma:

0

Personal Text

Greenhorn

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The True Nature of Psi

this is a very good article

P.S. how do i add a rating?

Logged

October 28, 2004, 07:54:58 PMReply #17

Ramza1

A Veritas Regular

Offline

**

Regular Member

94

Karma:

0

Personal Text

Regular Member

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The True Nature of Psi

Over all the article was good, if you didn't like whole soul concept, then you could just as validly think of the "soul" as being merely the part of your non-physical mind associated with the use of psionic abilities.

P.S. Fighting Warrior, look above all the replies, at the end of the article their is a little bit where you can choose a rating.

Logged

I would rather be criticized by an honest person, then complimented by a polite liar.

November 25, 2004, 02:18:12 AMReply #18

Falcon

Posts By Osmosis

Offline

Vretsa Dcitoiray

702

Karma:

1

Personal Text

Veritas Mentor

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The True Nature of Psi

I think it's very good, you have taken this and written lots about something, you have been informative. Hat of for Kobok

Logged

Finding some things difficult and need a extra hand, Apply for a mentor that's what were here for <http://forums.v society.net/index.php?topic=9706.0>

July 01, 2005, 12:52:48 PMReply #19

Salubrion

A Veritas Regular

Offline

**

Greenhorn

64

Karma:

0

Personal Text

Greenhorn

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The True Nature of Psi

<http://www.popsoci.com/popsoci/science/article/0,20967,693324,00.html>

They have been able to change the state of an atom by changing the quantum state of another atom. Which happens instantly over an infinite amount of distance. They just were able to teleport solid particles using this. Now if you read this article closely I find it is far more related to psi than the "soul". That is not my point though. My point is there are so much physics, especially in energy, not yet known, that it is unreasonable at this moment to think psi is anything we know of, the best we can do is find what it might be related to. Also, Kobok your article was one sided, anyone can argue a point and win if the other side cannot respond back to point out your flaws and misconceptions.

Logged

July 01, 2005, 01:37:52 PM Reply #20

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

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The True Nature of Psi

Quote from: Salubrion

<http://www.popsoci.com/popsoci/science/article/0,20967,693324,00.html>

They have been able to change the state of an atom by changing the quantum state of another atom. Which happens instantly over an infinite amount of distance. They just were able to teleport solid particles using this. Now if you read this article closely I find it is far more related to psi than the "soul". That is not my point though. My point is there are so much physics, especially in energy, not yet known, that it is unreasonable at this moment to think psi is anything we know of, the best we can do is find what it might be related to. Also, Kobok your article was one sided, anyone can argue a point and win if the other side cannot respond back to point out your flaws and misconceptions.

The popsci article you referenced does say that it happens "instantly", but the journalist who wrote the article unfortunately got the physics wrong. Quantum teleportation requires a classically traveling intermediate particle, and is thus limited to traveling below the speed of light. Quantum tunneling is faster than the speed of light, but is restricted to ultra-short distances. Journalists often get these two techniques confused even though they are completely different.

Psi, in comparison, travels faster than light (by virtue of being able to send information backward in time) and remains unchanged in effectiveness by distance.

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July 01, 2005, 01:52:23 PMReply #21

Salubrion

A Veritas Regular

Offline

**

Greenhorn

64

Karma:

0

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Greenhorn

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The True Nature of Psi

I would like to argue with some of your theories kobok, but that would be pointless sence it is all theories right now, which brings us back to my point. We do not know yet, we can say it might work like this, but right now nothing is definitive. Wether or not the article had a mistake, my point still remains valid, and apparently ignored by you kobok.

To make it obvious and simple, this should'nt be The Nature of Psi, it should be Theories of the Nature of Psi, (Or considering what you wrote about the most, False Theories of the Nature of Psi)

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July 01, 2005, 03:36:18 PMReply #22

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council
5000
Karma:
174
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The True Nature of Psi

Quote from: Salubrion

To make it obvious and simple, this shouldn't be The Nature of Psi, it should be Theories of the Nature of Psi, (Or considering what you wrote about the most, False Theories of the Nature of Psi)

Well, the point made in the article is that psi is necessarily due to a non-physical component of ourselves (more specifically, a component which does not interact by means of the four physical forces). And the term I use to label this non-physical component of ourselves which performs psi is "soul", as that is the term most commonly used in English for a non-physical component of a person. Then, I proceed to give a description of the necessary properties of the soul (leaving out the more subjective properties) given the known capabilities of psi.

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March 09, 2006, 01:08:47 AMReply #23

lordkamon

New Member

Offline

*

1

Karma:

0

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Re: The True Nature of Psi

Even though this topic hasn't been posted on for almost a year, I need to put my 2 cents on it, because in all the psi sites I've been to, this article has a good scientific base and has a low guess factor. I agree with the fact that psi can't be electromagnetic in nature, though it does share some properties of being as such. Also, the concept of the "soul" doesn't seem to be treated religiously here, more like the best noun for the concept of who you are and your actual sentient existence. Psi is hard to be treated by more than guesswork, but a lot of the views expressed here seem to be similar to the ones i

experience when using psi. Except for the time part, it's hard for me to conceptualize how one can send energy back in time... five stars for a pretty solid article. Not completely one sided, but sometimes data points to one side more than the other anyways.

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August 19, 2006, 03:43:48 PMReply #24

NotoriousCriminal

New Member

Offline

*

3

Karma:

0

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Re: The True Nature of Psi

Pardon me, but what was the faraday cage used? There's not much information on it. Nor pictures. Nor is it described the lab environment, tools used, etc. The books also lack this (from what I summerize, anyway). May I request a more detailed explanation of the utilities used?

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August 20, 2006, 10:06:47 AMReply #25

Arpspasm

Veritas Furniture

Offline

Hundred-plus Club

372

Karma:

2

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Re: The True Nature of Psi

I believe that the faraday cage is generally used for shielding sensitive electronic equipment from e.m.f's when doing high energy experiments i.e. telsla coils e.t.c. its basically a big cage built of earthed aluminium mesh.

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"This life's dim windows of the soul

Distorts the heavens from pole to pole

And leads you to believe a lie

When you see with, not through, the eye."

-William Blake

August 21, 2006, 12:33:51 PMReply #26

kobok
Tech Team
Posts By Osmosis

Offline

Veritas Council
5000
Karma:
174
Personal Text
Veritas Council
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Re: The True Nature of Psi

Quote

Pardon me, but what was the faraday cage used?

There has not been one experiment using a faraday room or faraday cage, but many, so "the faraday cage" is not quite right to say. There's an example picture of a faraday room, and a description of what it means, in this wikipedia article.

Faraday cages are considered pretty standard equipment, so this is probably why you haven't found detailed descriptions of them in summary books on parapsychology. But if you want more information on how they work, a better place to look would be a book on electromagnetism. Faraday cages are usually introduced as an example problem shortly after Gauss's law is introduced.

« Last Edit: February 27, 2014, 01:59:13 PM by kobok »

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August 21, 2006, 06:56:59 PMReply #27

NotoriousCriminal

New Member

Offline

*

3

Karma:

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Re: The True Nature of Psi

I believe you both misunderstand me. Since he's talking about what appears to be a

specific experiment, I wish to know what type of faraday cage was used. I also wish to know this for the numerous other experiments just brought to mention. I highly doubt that they are all the exact same duplicate type, hence my question for a description of the one (or more) in use. Unless the original poster wasn't speaking of a specific experiment. In which case, he should have posted links to these experiments conducted.

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August 21, 2006, 11:10:14 PMReply #28

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

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Re: The True Nature of Psi

Quote

I believe you both misunderstand me. Since he's talking about what appears to be a specific experiment, I wish to know what type of faraday cage was used. I also wish to know this for the numerous other experiments just brought to mention. I highly doubt that they are all the exact same duplicate type, hence my question for a description of the one (or more) in use. Unless the original poster wasn't speaking of a specific experiment. In which case, he should have posted links to these experiments conducted.

I was not referring to a specific experiment, but instead to a large collection of experiments, which have used a variety of different faraday cages. The most common are probably copper walled and steel walled rooms. For one relatively recent example of faraday cage experiments that were conducted with high quality, you can examine the autoganzfeld experiments in which the participant acting as receiver was enclosed in a soundproof electromagnetically shielded room with steel walls.

« Last Edit: February 27, 2014, 01:59:30 PM by kobok »

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August 22, 2006, 09:52:03 PMReply #29

NotoriousCriminal

New Member

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*

3

Karma:

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Re: The True Nature of Psi

Links to these tests please?

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Author Topic: The True Nature of Psi (Read 59254 times)

0 Members and 1 Guest are viewing this topic.

August 23, 2006, 12:49:30 AMReply #30

kobok

Tech Team

Posts By Osmosis

Offline

Veritas Council

5000

Karma:

174

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Re: The True Nature of Psi

[Quote](#)

Links to these tests please?

The original autoganzfeld studies are discussed in:

Honorton, C., R. E. Berger, M. P. Varvoglis, M. Quant, P. Derr, E. I. Schechter, and D. C. Ferrari. 1990. Psi communication in the ganzfeld: Experiments with an automated testing system and a comparison with a meta-analysis of earlier studies. *Journal of Parapsychology* 54:99-139.

There were also tests done with faraday cages and other shielding in the SRI experiments. You should be able to find information about this in:

May, E. C., J. M. Utts, V. V. Trask, W. W. Luke, T. J. Frivold, and B. S. Humphrey. 1998. Review of the psychoenergetic research conducted at SRI International (1973-1988). SRI International Technical Report (March)

and

Puthoff, H. E. 1996. CIA-initiated remote viewing program at Stanford Research Institute. Journal of Scientific Exploration 10:63-76.

You can probably find descriptions of most of these results on the internet somewhere, but if you want in-depth details, you usually have to check the literature.

« Last Edit: February 27, 2014, 01:59:53 PM by kobok »

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Latest article: Construct Dynamics

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October 01, 2007, 03:32:56 AMReply #31

solstice

Posts By Osmosis

Offline

Dreamwalker

2114

Karma:

-7

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"Receive and transmit..."

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Re: The True Nature of Psi

Another year later

You guys can also find information dealing with the non-local aspect to energy, from of these other sources:

"Morphic Fields, and Morphic Resonance" and "Mind, Memory and Archetype" by Rupert Sheldrake (sheldrake.org).

Heisenberg's Uncertainty Principle, and I think Bohr and Pauli had contributed.

Bell Test Experiments, one of which was conducted by Alain Aspect.

"Dreaming Universe" by Fred Wolf, which is a unique attempt to connect physics with psychology.

"Interference of Independent Photon Beams" by Pfleegor and Mandel.

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Tell all the Truth but tell it slant: Success in Circuit lies. Too bright for our infirm Delight.

The Truth's superb surprise. As Lightning to the Children eased, with explanation kind.

The Truth must dazzle gradually, or every man be blind.

Tefeari: The Giant Impact Hypothesis is a theory

February 02, 2008, 06:39:19 PMReply #32

BohmaN
A Veritas Regular

Offline

**

83

Karma:

0

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Re: The True Nature of Psi

I do not understand the criticism given to this article. The evidence arguing that psi does not belong to electromagnetism, but rather something non-physical and not bound to spatiotemporal interaction, is simply irrefutable. I thought it was very comprehensive and nicely written - well done. 5/5

Logged

June 13, 2008, 07:36:10 PMReply #33

Mystan

Settling In

Offline

*

14

Karma:

0

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Re: The True Nature of Psi

I agree with BohmaN, a good article and very compelling.

Personally, I keep an open mind. Just because right now this is the best way to explain it, doesn't mean at some future point in time, we find out some unknown rules or exceptions to electromagnetism that explains such. I don't think it likely but it doesn't mean its impossible. We are forever learning and growing in both our knowledge and understanding of these concepts. Everyone is entitled to their own opinion and it is best in my opinion not to become to entrenched in your own opinion that you can't consider someone else's with an open mind. Most of what we consider fact is an opinion or theory that just hasn't been proven wrong yet (in my opinion). I think we attach to much emotion to our personal opinions and consider them part of our identity and thus get ruffled when someone has something that differs. Go with what makes sense the most and if something comes along that sounds like it better explains it, go with that. Currently, what makes sense to me is that it is not Electromagnetic but just because current knowledge compells me to that viewpoint does not mean that I discount it. It just isn't logical to me at this time.

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